ULCERS

CARBOHYDRATES

Cereals whole maize ,whole rice and whole wheat for full nutritions

Pumpkins, cassavas, yams, sorgum, arrow roots and sweet potatoes to substitute industrial foods.

Flour whole maize flour,whole wheat flour,sorghum flour and millet flour are a source carbohydrates.

PROTEINS

Fish e.g tilapia ,omena ,sardines ,catfish and mackerel. Fish is a great source of high-quality [protein](https://www.healthline.com/nutrition/how-much-protein-per-day/), which helps you feel full and increases your metabolic rate.

Chicken meat is well within the acceptable foods.

VITAMINS

Fruits that are non-aidic,e.g guavas,avocados,melons,strawberries,black berries,bananas,apples and mangoes.

Nuts e.g macadamia and cashew nuts.

Vegetables that are non-acidic e.g carr​ots, peas, turnips,cabbages and lettuces should be in every meal and should be mildly cooked to preserve nutrients.

Water, take atleast six glasses of water per day avoid dehydration.

AVOID

Acidic fruits.Oranges,lemons,pineapples,grapes and other citric fruits.

Spices such as pepper,food flavoures,cinnammon,garlic,tangawizi and any other spice with a stinging taste.

Acidic vegetables such as sukuma-wiki,brocolli,pigweed,managu, tomatoes and spinaches.

Excessive intake of salt and oily foods.

Caffeine beverages and carbonated drinks such as sodas.

Drugs such as beers,ciggarettes,narcotics and any other intoxications