

Diet for managing *Helicobacter pylori*

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This handout is intended for educational purposes only and does not replace or substitute medical advice. Speak with your healthcare practitioner for personalised nutrition and advice.



Dietary interventions are reasonable to consider as standalone management of mild or asymptomatic cases.

Diet can also be incorporated into any *H. pylori* treatment protocol. Generally, a diet low in micronutrients is a risk factor for *H. pylori* infection. Diets high in fruits, vegetables and fiber have shown protective effects.

Smoking, alcohol, and hyperglycemia have been found to be risk factors in *H. pylori* infection.

Proper dietary modifications for *H. pylori* can have the following actions:

- Antibacterial
- Control growth, virulence, and expression of *H. pylori*
- Immune modulation (regulation and supports its function)
- Anti-inflammatory
- Antioxidant
- Anti-adhesive
- Mucosal repair & protection

What to eat less of: Whilst we aim to eradicate *H.pylori* please follow the below recommendations.

Food categories to avoid	
Foods categories shown to promote <i>H. pylori</i> colonisation and virulence	High salt
	High nickel – <i>Cocoa and chocolate, soy beans, oatmeal, nuts (especially almonds), fresh and dried legumes</i>
	Smoked, pickled, salt-preserved foods
	Nitrites Found in deli meats, ham and bacon.

What to eat more of where possible:

Fruits	Action
<ul style="list-style-type: none">• Berries: blueberry, raspberry, strawberry• Teas: bilberry, elderberry, cranberry• Grapes - red are best• Pomegranate fruit or 100% juice concentrate• Apples.	antibacterial, anti-adhesive (stops <i>H.pylori</i> from attaching to the stomach lining), anti-inflammatory, regulate immune function, antioxidant.
Vegetables	Action
<ul style="list-style-type: none">• Cruciferous vegetables: broccoli, broccoli sprouts, cabbage, cabbage juice, radish, kale, cauliflower• Red capsicums and chilli (if tolerated)• Garlic• Algae and sea vegetables - kelp, nori, dulse other seaweeds.	antibacterial, anti-inflammatory, heals the gut mucosal lining and provides protection

Oils - Away from foods in form of supplementation. Please speak to your practitioner before buying over-the-counter supplements to ensure quality.	Action
<ul style="list-style-type: none"> EPA/DHA - high grade fish oil Flaxseed oil (mix into a glass of juice and drink) 	Both have strong anti-h.pylori activity, reduces adhesion to the stomach lining, anti-inflammatory.
Dairy (if no allergy or intolerance)	Action
<ul style="list-style-type: none"> Plain greek yoghurt (no added fruit or sugar) Colostrum (IGGI Shield available in clinic) Lactoferrin (available by request in clinic) 	anti-inflammatory, antimicrobial, modulate immune system, reduces H.pylori colonisation, synergistic with antibiotic protocols (lactoferrin)
Honey	Action
<ul style="list-style-type: none"> Manuka honey 	inhibits urease release from the bacteria
Culinary Herbs	Action
<ul style="list-style-type: none"> Turmeric, cumin, ginger, black cumin seed Cinnamon, nutmeg, caraway seeds Oregano, thyme Peppermint, liquorice 	Anti-inflammatory, mucosal repair/protection, antibacterial, anti-adhesive
Other	Action
<ul style="list-style-type: none"> Fermented foods (if tolerated) Green tea Red wine (in moderation) 	Fermented foods - anti-inflammatory, immune modulation Green tea- antibacterial, anti-adhesive, anti-inflammatory, antioxidant. Red wine - anti-h.pylori activity
Supplements: Appropriate supplements will be recommended based on your results and current health.	

References: developed from designs for health white papers and treatment protocols.