



**Dottor Giorgio Bolognini**

*Medico Ecografista,, Medico di Medicina Generale. Diploma Nazionale in Ecografia Clinica Internistica S.I.U.M.B. Perfezionamento in Ecografia Diagnostica in Chirurgia presso il Dipartimento di Oncologia e Trapianti Osp. Cisanello Pisa. Perfezionamento di II livello in Ecografia Interventistica. Master di II livello in Ecografia Clinica ed Applicazioni in Nefrologia presso Scuola Superiore Sant'Anna Pisa. Diploma Nazionale S.I.U.M.B di Ecografia Specialistica in Senologia. Diploma Nazionale S.I.U.M.B. di Ecografia Specialistica in Tiroide, Paratiroide e Malattie del Collo. Diploma Nazionale S.I.U.M.B. di Ecografia Specialistica Muscolo Scheletrica. Iscritto al Registro Nazionale degli Ecografisti Italiani S.I.U.M.B dal 2016. Viale San Francesco 40/b - 51016 Montecatini Terme (PT)*

**mail:** [info@giorgiobolognini.it](mailto:info@giorgiobolognini.it)

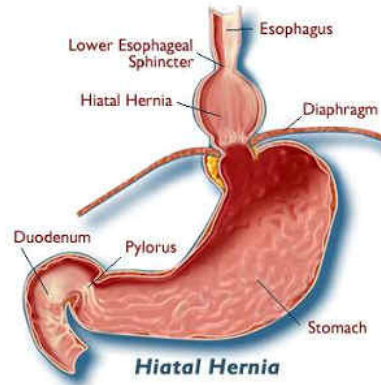
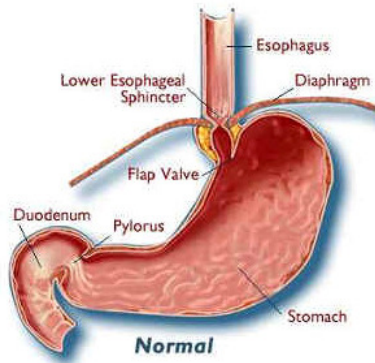
## **DIET FOR HIATAL HERNIA**

### **Foods to avoid: foods that can directly irritate the oesophagus and gastric mucosa:**

- Spicy foods: pepper and hot chili are among the 'irritating' foods, especially for the oesophagus.
- Fatty foods: they are often a cause of reflux but also of a worsening of the symptoms because they stimulate the production of a greater amount of acid during digestion, especially foods rich in saturated fats, therefore dairy products, butter, cream, fresh cheese, sausages, pork and fried foods. Also avoid meat preparations that require many hours of cooking such as stews, braised meats and meat sauce. In fact, fats can cause both a decrease in the pressure of the cardia and slow gastric emptying.
- Hot foods and liquids: may worsen lesions in the stomach or intestines or intensify symptoms of acid reflux.
- Mint and chocolate: contain 'harmful' chemicals that can stimulate the release of acids into the stomach and relax the cardia.
- Caffeine and theine: coffee, tea, alcohol, can directly irritate the stomach.
- Citrus: Oranges, grapefruit and lemons, orange and blueberry juice, tomatoes and sauce, and all acid-based foods.

### **Preferred foods: protective foods of the gastric mucosa:**

- Some fruits: exotic fruits are better for hiatal hernia. Especially pineapple and papaya because they contain respectively bromelain and papain, two digestive enzymes that help the body to deconstruct some ingested proteins.
- Salt: especially iodized salt.
- Fish: is rich in omega 3 that brings particular benefits to the stomach.
- Cereals: Pasta, rice and bread act against excessive gastric acidity as they absorb gastric juices.
- Fruit and vegetables. Apples, bananas and potatoes have a soothing effect on the stomach walls.



**Dr. Giorgio Bolognini**

<http://www.giorgiobolognini.it>