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Salute

Oggi su Rai 3 per parlare di gastriti e acidità di stomaco la nutrizionista dell'azienda ospedaliero-universitaria

SIENA

Una dieta equilibrata per combattere gastriti e acidità di stomaco. Questo il tema della trasmissione "Tutta salute" in onda su Rai 3 oggi dalle ore 11. Ospite in studio la dottoressa Barbara Paolini, medico dietologo della uos dietetica e nutrizione clinica dell'azienda ospedaliero-universitaria Senese e presidente toscana dell'associazione italiana di dietetica e nutrizione clinica.

"La dieta corretta è una delle terapie da seguire ed è sicuramente un potente alleato per gestire lo stomaco infiammato - spiega la dottoressa Paolini - Stress, abitudini scorrette come il fumo o l'alcol, ma



anche farmaci con proprietà gastro-lesive, oltre ad una alimentazione scorretta, possono favorire la comparsa dei sintomi. La gastrite si può prevenire e gestire a tavola, adottando alcune semplici norme alimentari - sottolinea ancora Barbara Paolini -:

dedicare tempo al pasto, mangiare lentamente per rendere più agevole la digestione, pasti non troppo abbondanti, specialmente la sera, mangiare a orari regolari o frazionare i pasti rappresentano le regole di base. Nella scelta degli alimenti è importante ridurre gli alimenti particolarmente grassi, acidi, le spezie piccanti e i piatti molto elaborati".



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