

INCREASING KNOWLEDGE OF EATING PATTERNS IN PATIENTS WITH GASTRITIS THROUGH BOOKLET MEDIA

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SUMMARY

Back Ground; *Gastritis Disease or commonly known as ulcer disease is a disease that is very disturbing. Usually the disease gastritis occurs in people who have irregular eating patterns and eating foods that stimulate the production of gastric acid. Diet is the way a person or group of people use food as a reaction to the pressure of economic and social-cultural circumstances related to diet. Foods that are allowed for patients with gastritis are: banana, apple, pear, watermelon, melon, bread, wheat, brown rice, lean meat, spinach, cucumbers, and long beans. Research WHO stated that in the world of a few countries, namely the Uk figures in the percentage of 22%, China's percentage rate of 31%, Japan with a percentage rate of 14.5%, Canada the incidence of gastritis disease in southeast Asia around 583.635 of the population each year.*

Methods; *Outer KIE used in the form of a media booklet that contains the definition of gastritis, causes, symptoms, and types of food.*

Results; *The output achieved is a booklet of efforts to increase dietary knowledge for gastritis sufferers.*

Conclusion; *to Maintain a good diet and properly one way in which a person in choosing, consuming food every day in order to avoid the disease gastritis.*

Keywords : *Gastritis, diet, Foods allowed, Booklet*