Tea and Gastritis

From the teas.co.uk wiki

> **Tea and gastritis, in short:** the useful move is cutting irritants, strong caffeinated tea, alcohol and empty-stomach brewing, and choosing gentle, low-caffeine herbals like chamomile. Tea does not treat the cause, which is often infection or anti-inflammatory medicines.

Last reviewed by the teas.co.uk team in May 2026.

Gastritis is inflammation of the stomach lining. With tea, the helpful part is what you avoid: strong caffeine and empty-stomach brewing. Gentle herbals can soothe, but the underlying cause needs proper treatment.

What gastritis actually is

Gastritis is irritation or inflammation of the stomach lining. Common causes are *Helicobacter pylori* infection and regular use of anti-inflammatory painkillers (NSAIDs), with alcohol a frequent aggravator. Those causes need medical treatment, not tea. See the NHS guide to gastritis and Wikipedia: gastritis.

Cut the irritants

Strong black and green tea stimulate stomach acid through caffeine, which can aggravate an already irritated lining. Keep tea weak, drink it with food rather than on an empty stomach, and cut back on alcohol while things settle.

Gentler cups

- **Chamomile.** Mild and soothing; a sensible low-caffeine choice.
- **Ginger, in small amounts.** Settling for many, but keep it weak so it does not irritate.
- **Caffeine-free herbals** in general are kinder than strong builder's tea here.

At a glance

Tea	For gastritis
Chamomile	Gentle, soothing
Ginger (small amount)	Can settle; keep it weak

Tea	For gastritis
Strong black / green	Caffeine can aggravate; avoid on empty stomach

FAQ

Best tea for gastritis? A weak, caffeine-free herbal such as chamomile, with food.

Can tea cure gastritis? No. If it is caused by infection or medication, that needs treating by a GP.

Should I avoid normal tea? Keep it weak and with food; strong caffeinated tea on an empty stomach is the thing to avoid.

When should I see a GP? Persistent stomach pain, indigestion, or any vomiting blood or black stools needs urgent medical attention.

This is general information, not medical advice. Persistent gastritis should be assessed by a GP, who can test for and treat the cause.

FROM THE CURATOR

teas · Drink what you like, not what the shelf says you should. Curiosity is the only reliable guide.

Sources

- NHS: gastritis
- Wikipedia: gastritis

Part of: Tea for Digestion

- Tea & digestion (overview)
- Tea & acid reflux
- Tea & bloating and wind
- Tea & nausea and upset stomach
- Tea & IBS

Shop gentle, caffeine-free teas in the herbal & fruit range or browse the full tea shop (free UK postage over £35).

More from the tea wiki

- Green tea
- Black tea
- Oolong tea

- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

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