



Food Choices to lessen Gas

Stomach gas (e.g. burping) and intestinal gas (e.g. bloating and excess flatus) can be very uncomfortable.

Sometimes changing what you eat can help. Here are some tips to try:

To Reduce Stomach Gas:

- Eat **small** meals and snacks more often through the day instead of large meals.
- Eat in a relaxed atmosphere. Try not to talk while you are eating, to decrease the chance of swallowing air.
- Eat and drink slowly. Chew your food well.
- Sip, rather than 'gulp' beverages. Do not use a straw for drinking.
- Do not chew gum or tobacco.
- Do not smoke.
- Avoid foods that contain air, such as carbonated beverages and whipped cream.

To Reduce Intestinal Gas:

- Avoid overeating. Eat smaller meals more often instead.
- Exercise regularly. Try taking a walk after meals.
- Try buttermilk or yogurt - these foods may help decrease the amount of gas your body makes.
- Keep a list of the foods that you think might cause gas and do not eat them. Add these foods back into your diet one at a time in small amounts and "note" if they agree with you or not.
- Limit those foods that may be gas forming. Refer to the list of common gas-forming foods.
- Drink plenty of fluids, but do not drink them with main meals.

Common " Gas" forming foods:

Vegetables	cabbage, onions, peas, lettuce, cucumber, broccoli, cauliflower, radishes, Brussel sprouts, corn, turnip, green peppers, beets, carrots, leeks, squash, spinach, pumpkin, parsnips
Fruits	prunes, raisins, melons, grapes, banana, raw apple
Legumes	dried peas and beans, baked beans, soybeans, lima beans, kidney beans, lentils
Whole grain products	whole wheat flour, bran cereals, bran muffins, rice bran, oat bran, rye
Artificial sweeteners	"dietetic" candies and sugar-free gums sweetened with sorbitol or mannitol
High fat foods	fried foods, fatty meats, rich cream sauces, gravies and pastries