

GAS PRODUCING FOODS

Foods that cause a **NORMAL** amount of gas:

- Meat, Fowl, Fish
- Vegetables: Lettuce, Peppers, Avocado, Tomato, Asparagus, Zucchini, Okra, Olives
- Fruits: Cantaloupe, Grapes, Berries
- Refined Carbohydrates: White Rice, Chips, Popcorn, Graham Crackers
- Nuts
- Eggs
- Jello

Foods that cause a **MODERATE** amount of gas (May need to avoid):

- Potatoes
- Eggplant
- Apples and Citrus Fruits
- Refined Carbohydrates: Pastries, Bread

Foods that cause a **MAJOR** amount of gas (**AVOID**):

- Vegetables: Onions, Celery, Carrots, Brussel Sprouts, Cucumber, Cabbage, Cauliflower, Radishes
- Beans
- Fruit: Raisins, Bananas, Apricots, Prunes, Dried Fruit
- Refined Carbohydrates: Bagels, Wheat Germ, Pretzels
- Peas
- Green Salads
- Bran Cereal and Foods high in Bran
- Brown rice
- Leeks
- Parsnips

Everyone tolerates foods differently. Some foods that are major gas producers for some individuals may cause normal amounts of gas for others. These lists should be used as a guide to help determine the best gas reducing diet for you specifically

EATING

- Hot spicy foods can speed up how fast food moves through your bowels. This can produce additional gas
- Rich, fatty foods (especially fried foods), may increase gas in some individuals
- Try eating a little more slowly. When you eat fast, you swallow extra air with your food
- Try not to talk while eating. Extra air while eating can lead to belching and gas production
- Try not to drink through a straw
- Eating at the same time each day and eating smaller portions may be beneficial
- Try to eat a balanced diet

DRINKING

- Caffeine can increase bowel activity and gas production
- Carbonated beverages (including Beer) can increase belching and gas production
- It is better **not** to drink fluids with your food. Drinking fluids with meals can increase your air intake and increase gas