

## GAS PREVENTION DIET

Although gas occurs naturally, it can be controlled or lessened with a gas prevention diet. As with any diet, there are certain foods to avoid, and there are others that work with the body to maintain a healthy, balanced digestive system.

Intestinal gas is primarily composed of hydrogen, nitrogen, and carbon dioxide -- which are all gasses that are odorless. In about one-third of people, intestinal gas also contains another ingredient: methane. It's unclear why some people's bodies produce methane and others do not. People who produce methane typically will have stools that float in water.

There are several possibilities that cause excessive gas:

- Swallowing air while eating or drinking
- Increased intestinal motility
- Excessive bacterial fermentation of foods in the bowel
- Smoking
- Chewing gum
- Drinking through a straw.
- Foods containing sulfur

### FOODS TO LIMIT OR OMIT FROM DIET

#### VEGETABLES

beans  
broccoli  
peas  
pimentos  
radishes  
rutabagas  
sauerkraut  
scallions  
shallots  
soybeans  
turnips

onions  
lentils  
brussels sprouts  
cabbage  
cauliflower  
corn  
cucumbers  
garlic  
kohlrabi  
leeks

#### FRUIT

apples  
avocado  
cantaloupe  
honeydew melon  
watermelon  
raisins  
\*raw fruits produce  
more gas than cooked  
or canned fruits

#### MISCELLANEOUS

milk  
cheese  
carbonated beverages  
beer  
nuts  
popcorn  
Splenda (sucralose)  
sugar alcohols (sorbitol, malitol,  
xytitol, isomalt)  
bran and whole grains \*\*

\*\*Bran and whole grain products may add to excessive gas. If you are following a high fiber diet, these foods should be introduced into your diet slowly.

**Nutritional counseling is available with a registered dietitian in the office. For more information and to schedule an appointment, contact our office at (337) 232-6697.**