

## **Do You Suffer From Excess Gas and Bloating?**

Everyone has gas. On average a person passes gas 10 times a day. Most of it is passed along with the stool. The gases including hydrogen, methane and carbon dioxide are made when bacteria that live in your large intestine cause carbohydrate food not completely digested to ferment.

If you just started eating more fiber you may have more gas. It is good to increase your fiber slowly up to 14 grams per 1,000 calories you eat everyday. Give your good bacteria time to adjust.

If you have discomfort from gas, read on:

There are many reasons why you may have flatulence (gas). Many people find they simply can not eat certain foods with out becoming “uncomfortable.” So you will want to eat fewer of these foods. Some of the more common gas-forming foods are listed here:

### **Vegetables**

|                                   |                |
|-----------------------------------|----------------|
| Beans – kidney, lima, navy, etc.* | Lentils*       |
| Broccoli                          | Onion*         |
| Brussels sprouts                  | Peas           |
| Cabbage*                          | Peppers, green |
| Carrots*                          | Pimentos       |
| Cauliflower                       | Radishes       |
| Celery*                           | Rutabagas      |
| Corn                              | Sauerkraut*    |
| Cucumbers                         | Scallions      |
| Kohlrabi                          | Shallots       |
| Leeks                             | Soy Beans*     |
|                                   | Turnips        |

### **Fruits**

|             |                            |
|-------------|----------------------------|
| Apples, raw | Honeydew melon             |
| Apricots*   | Prunes and<br>prune juice* |
| Avocados    | Raisins                    |
| Bananas*    | Watermelon                 |
| Cantaloupe  |                            |

### **Milk and Milk Products\***

All milk except lactose reduced.

### **Bread and Cereals**

Bagels\*  
Pretzels  
Wheat germ\*

Processed/packageged  
foods with lactose as  
an ingredient

### **Miscellaneous**

Citrus  
Pastries  
Some breads  
Sorbitol in diet products and sugar-free gum

Eggplant  
Potatoes

\*Signifies foods particularly offensive to most people.

- Foods containing water-soluble forms of dietary fiber can cause flatulence or gas. Such fibers include pectin from fruits and many vegetables, oat bran, and plant gums as well as food additives such as carrageenan, gum arabic.
- Foods containing indigestible oligosaccharides (insoluble fiber) also cause gas. Some of those foods are dry legume seeds such as peas, beans and lentils, molasses, and onions.

### **Helpful Hints**

1. If any of these foods cause you gas, eat less of them or perhaps stop using them in your regular meal plan.
2. Try eating at a slower rate. Chew foods more thoroughly. Do not gulp down foods or liquids at meal times. By eating in a hurry, you can swallow large quantities of air, and this can cause gastric distress and gas!
3. Try an enzyme gas blocker such as *Beano* before you eat. Some people say it helps.
4. Drink a cup of herbal tea before you eat. Some that are reported to help are: anise, caraway, chamomile, coreanter, fennel and peppermint.
5. Check your food preparation techniques. If eating dried beans, soak before cooking or use canned beans.
6. Some other cultures report cooking these foods with ginger and garlic reduces the gas.