

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.