



Nutrition Keynotes



Tips for the Control of “Gas”

Goal:

To limit gas production by changing your diet.

<p>Avoid</p>	<ul style="list-style-type: none"> • Carbonated beverages, including beer • Eating too fast • Large meals • Sipping liquids with a straw • Skipping meals • Smoking • Chewing gum, sucking candy, talking while eating, or eating with your mouth open. These habits can cause you to swallow air.
<p>Foods That May Cause Gas</p>	<p><i>Be sure to observe your own response to different foods and eliminate any foods that cause gas.</i></p> <ul style="list-style-type: none"> • Dried beans, peas, lentils, and soy milk • Fruits—apples, grapes, raisins, prunes • Vegetables—broccoli, brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplants, onions, radishes, turnips (cooked vegetables may cause less gas than fresh) • High-fiber breads and cereals containing bran or flax • Milk and milk products • Foods containing large amounts of fat • Sugar alcohols, such as sorbitol, mannitol, xylitol, lactitol, isomalt, maltitol, and hydrogenated starch hydrolysates, found in sugarless candy and gum
<p>Additional Guidelines</p>	<ul style="list-style-type: none"> • Eat every 4 to 5 hours. Make meals last at least 20 minutes. • When adding high-fiber foods to your diet, do so gradually. • Walking or other exercise may help to ease discomfort. • Try Beano, an over-the-counter product taken with the first bite of food to reduce gas. • Low-lactose dairy products and lactase enzymes are available in markets and drugstores.

For more information, please contact your registered dietitian or local Health Education Department.