

INTESTINAL GAS CONTROL DIET

What Measures Can Help Control Intestinal Gas?

Diet intervention is designed to exclude foods from the diet which are believed to increase intestinal gas.

What Are Possible Gas-Causing Foods to Avoid?

Beer	Green peppers
Bran cereals and breads	Highly seasoned foods
Broccoli	High fat foods
Brussel sprouts	Legumes
Cabbage	Melons
Carbonated beverages	Meringues
Cauliflower	Nuts
Corn	Sauerkraut
Cucumbers	Whips
Dried beans	
Dried peas	

The following guidelines should also be practiced:

- 1) Eat slowly and eat with the mouth closed.
- 2) Avoid using a straw for drinking.
- 3) Avoid chewing gum and smoking; they are presumed to contribute to air swallowing.
- 4) Avoid any foods noted to cause increased flatulence (gas), or that patients believe to cause increased flatulence.
- 5) Try not to skip meals or overeat.
- 6) Try to space meals evenly throughout the day. Several small meals and snacks may be more beneficial than three large meals per day.