



Date: _____

Client's Name: _____

Registered Dietitian's Name: _____

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Gas & Bloating

There are many reasons why excessive gas and bloating may occur. They include lack of physical activity, excessive air swallowing, nervousness, some medication and/or foods. Sometimes changing your eating habits or avoiding certain foods can help.

Common “Gas Forming” Foods:

Vegetables

cabbage, onions, peas, lettuce, cucumber, broccoli, cauliflower, radishes, brussel sprouts, corn, turnip, green peppers, beets, carrots, leeks, squash, spinach, pumpkin, parsnips

Fruits

prunes, raisins, melons, grapes, banana, raw apple

Legumes

dried peas and beans, baked beans, soybeans, lima beans, kidney beans, lentils

Whole grains

whole wheat flour, bran cereals, bran muffins, rice bran, oat bran, rye

Artificial sweeteners

sugar-free gums and candies sweetened with sorbitol or mannitol

High fat foods

fried foods, fatty meats, rich cream sauces, gravies and pastries

High lactose foods

Some dairy products might not agree with you due to lactose (milk sugar) intolerance.



Eat

- Eat smaller meals and snacks more often and try not to skip meals
- If a food bothers you, only eat it in small amounts as part of a meal
- Discard the water that dried peas, beans and lentils were soaked in. Rinse well and cook them in fresh water. Rinse canned beans and legumes well with water before you eat or cook with them
- **Beano**® (available at most pharmacies over-the-counter) contains enzymes needed to digest complex carbohydrates found in beans and some vegetables. You may wish to trial this product when consuming “gassy foods”.
- Limit or avoid sucking on candies or chewing gum, as this causes you to swallow more air.

Drink

- Drink fluids lukewarm instead of hot. More air is swallowed when hot drinks are sipped.
- Avoid having beverages and solid foods at the same time. Wait 30-45 minutes after a meal before drinking liquids.
- Do not use a straw when drinking

Environment

- Eat in a relaxed atmosphere
- Avoid clothing that is tight across the stomach
- Don't talk a lot while eating
- Wear proper fitting dentures
- Eat foods slowly
- If you smoke, try to quit

