

REDUCING INTESTINAL GAS

Common Causes of Intestinal Gas	Possible Solutions
1. Swallowing excessive amounts of air	<ul style="list-style-type: none"> - do not skip meals - eat and drink slowly - check dentures for proper fit - control post nasal drip - avoid chewing gum or sucking on hard candies - avoid carbonated beverages (soft drinks, beer) - avoid high air containing foods (whipped cream, meringues, beaten egg whites, mousses) - avoid fizzy medications (alka seltzer) - avoid drinking through a straw or bottles with narrow mouths - avoid smoking (cigarettes, cigars or pipes)
2. Gas production from digestion of fruits and vegetables	<p>FRUITS Apples (raw), Apricots (raw or dried) Bananas, Citrus fruits Peaches (raw), Pears (raw) Prunes and prune juice, Raisins</p> <p>VEGETABLES Artichokes, Asparagus Beans (baked, kidney, lima, navy, soya) Broccoli, Brussel sprouts, Cabbage, Cauliflower, Carrots, Celery, Corn, Cucumbers, Egg plant, Garlic Green peppers, Kohlrabi, Leeks Onions (including scallions, shallots) Rutabaga, Salads, Sauerkraut, Turnip</p>
3. Fibre taken in large amounts and/or introduced too quickly into the diet	-introduce fibre slowly into the diet and add more every 2-3 days
4. Sugar alcohols – can cause gas and have a laxative effect	-limit intake of sugars ending in “ol” check the ingredient list for the following (sorbitol, mannitol, and xylitol)
5. Sugar and sugar containing foods eaten in large quantities	-read labels and limit intake of products which have fructose, corn syrup, sucrose or glucose as one of their top three ingredients
6. Constipation slows down digestion and can trap gas, cause cramping	-consume a higher fibre diet -consume at least 8 glasses of fluid/day
7. Lactose intolerance , may lead to bloating gas and diarrhea	-restrict lactose containing products -use cultured products such as yogurt, cheese, or buttermilk which contain less lactose and may be better tolerated -use lactase pills

DIETITIAN _____ PHONE NUMBER _____