

## Controlling Gas

Some foods are shown to cause gas. However, each person is affected differently. Attempting to eliminate these foods one at a time may help in determining which food is the cause of gas. This list should be used as a guide to help determine the most appropriate gas reducing diet for you. In addition, helpful eating and lifestyle tips are provided as well.

### Types of Foods:

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#### Allowed Foods

Protein: meat, fowl, fish, eggs  
Vegetable: lettuce, peppers, avocados, tomatoes, asparagus, zucchini, okra, olives  
Fruits: cantaloupe, grapes, berries  
Carbohydrates: white rice, chips, popcorn, Graham crackers  
All nuts  
Jello-O, Fruit ice

#### Suggested Foods to Avoid

Potatoes  
Eggplant  
Citrus fruits, apples  
Carbohydrates: pastries, bread

#### Foods to Definitely Avoid

Vegetables: onions, celery, carrots, Brussel sprouts, cucumbers, cabbage, cauliflower, radishes, peas, green salads  
Beans  
Fruit: raisins, bananas, apricots, prunes, dried fruit  
Carbohydrates: bagels, wheat germ, pretzels  
Bran cereal/foods high in bran  
Brown rice  
Leeks, parsnips

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### Eating and Drinking Habits:

- Try eating at the same time each day
- Eat smaller meals and more frequently
- Try to eat a balanced diet and foods high in fiber
- Try to avoid drinking fluids with meals

### Lifestyle:

- Avoid smoking
- Avoid chewing gum
- Avoid using straws
- Decrease stress and anxiety levels
- Exercise regularly