



Patient & Family Guide

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How to Lower Intestinal Gas



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Intestinal gas is a natural part of swallowing and digestion. This gas is found throughout the digestive tract (organs that food and liquids travel through). It is normal to pass gas through your mouth (burping) or your bum (farting).

A buildup of intestinal gas can be uncomfortable. The suggestions in this pamphlet can help you manage your intestinal gas.

- Try to eat slowly. Take your time and chew your food well.
- Try to eat meals at regular times in a relaxed area. Skipping meals can change how food moves through your digestive system, which can cause gas.
- Avoid the following, as they put more air into your digestive tract:
 - › Drinking from a straw
 - › Chewing gum
 - › Sucking on hard candy
- Limit sugar alcohols (like xylitol, mannitol, and sorbitol). These are found in low-calorie candy, gum, and diet products.
- If you think that milk is causing your gas, try lactose-free milk (Lactaid[®], Lacteeze[®]) or plant-based drinks (almond, coconut, oat, rice, or soy).

- Try to move your body more as you feel able. Walking and stretching helps gas move through your digestive tract.

Avoid or limit foods that can cause more gas, like:

- **All raw vegetables**, including salads and coleslaw

- **All pulses** (legumes, dried or canned peas, beans*, and lentils), like:
 - › Black-eyed peas
 - › Chickpeas (also called garbanzo beans)
 - › Kidney beans
 - › Lima beans
 - › Navy beans
 - › Soybeans
 - › Split peas

*To lower gas and bloating, soak beans in water overnight. The next day, pour the water out and cook in new water.

- **Cooked vegetables:**

- › Broccoli
- › Brussels sprouts
- › Cabbage
- › Cauliflower
- › Corn
- › Cucumbers
- › Kohlrabi
- › Leeks
- › Onions
- › Peppers (green, red, yellow)
- › Pimentos
- › Radishes
- › Rutabagas
- › Sauerkraut
- › Scallions
- › Shallots
- › Turnips

- **Fruit:**

- › Apples (with the skin)
- › Avocados
- › Cantaloupe
- › Honeydew melons
- › Watermelons

- **Other:**

- › Eggs (hard-boiled)
- › Carbonated (fizzy) drinks
- › Popcorn
- › Nuts, seeds
- › High-fat foods (like deep-fried foods, rich [high calorie] pastries, pies)

The following vegetables and fruit usually cause less gas:

• **Cooked vegetables:**

- › Asparagus
- › Beets
- › Carrots
- › Mushrooms
- › Peas
- › Potatoes
- › Pumpkin
- › Spinach
- › Squash
- › String beans
- › Sweet potatoes
- › Zucchini

• **Fruit:**

- › Canned fruit

Soft, ripe:

- › Apples
(without the skin)
- › Bananas
- › Grapefruit
- › Kiwis
- › Nectarines
- › Oranges
- › Peaches
- › Pears

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Please ask. We are here to help you.

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.