



Guidelines for Managing Gas

UHN



This document is a general overview. For more specific information about your care, please ask a member of your health care team for a referral to a dietitian.

There are many reasons why you may have a lot of gas. It can be related to certain treatments (for example, radiation to the upper abdomen) and medication. Certain foods, lack of activity and nervousness may also be factors.

Here are a few suggestions that may help you reduce gas.

- Eat slowly and chew food well.
- Chew with your mouth closed so you don't swallow air.
- Eat in a relaxed environment.
- Avoid chewing gum or sucking on candies (especially sugarless gum or diet candy).
- Sip beverages rather than gulping. Avoid using straws or drinking out of bottles.
- Avoid skipping meals – an empty stomach can cause extra gas to form.
- If you think that milk causes gas and cramping, you may have a lactose intolerance. Try lactose-free milk (for example, Lactaid® or Lacteeze®).
- Increase physical activity as tolerated. Walking or even stretching can help move gas through the intestine.
- Avoid the following foods as they usually cause gas to form:

Please visit the UHN Patient Education website for more health information: www.uhnpatienteducation.ca

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- **Legumes** (also known as **Dried Peas and Beans**): kidney beans, chickpeas, lentils, split peas, etc.
- **Vegetables**: broccoli, cauliflower, Brussels sprouts, cabbage, sauerkraut, cucumber, turnip, rutabaga, onions, garlic
- **Fruits**: apples, bananas, prunes, prune juice, melons
- **High fat foods** such as deep fried foods, rich pastries, pies
- **Carbonated beverages** including soda pop and beer