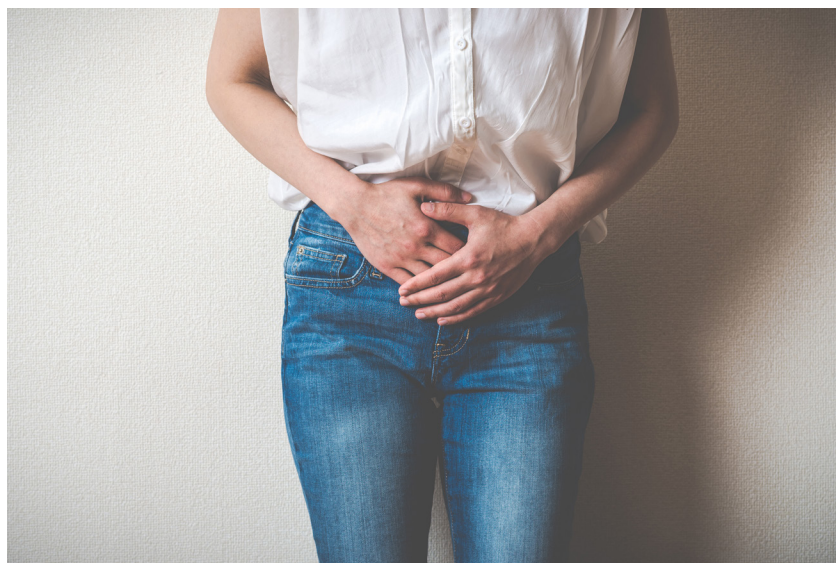


Guidelines for Managing Gas



This document provides a general overview of ways to help you manage gas. 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, a lack of activity and nervousness may also be factors.

Here are some 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.
- 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:

- **Legumes** (also known as **dried peas and beans**): kidney beans, chickpeas, lentils, split peas
- **Vegetables**: broccoli, cauliflower, Brussels sprouts, cabbage, sauerkraut, cucumber, turnip, rutabaga, onions, garlic
- **Whole grain products**: such as foods made with whole wheat flour, oat bran, rice bran and wheat bran
- **Fruits**: apples, bananas, prunes, prune juice, melons
- **High fat foods** such as deep fried foods, rich pastries and pies
- **Carbonated beverages** including soda pop and beer

Keep a list of the foods that may cause gas and do not eat them. Try them one at a time in small amounts and see if they agree with you or not.

The development of patient education resources is supported by the Princess Margaret Cancer Foundation.



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