

## Gas Reducing Diet

This guide will provide you with suggestions that may help reduce gas in your digestive system. Continue with your regular diet including fibre. Use this list as a guide only. Daily habits along with foods you choose to eat can increase the amount of gas in your digestive system.

Suggestions to reduce gas:

- Eat slowly
- Have loose fitting dentures re-fitted
- Reduce raw vegetables as excessive chewing can lead to more gas
- Avoid foods that may cause gas (see list below)

FOODS THAT MAY CAUSE GAS:

Dried peas	Lentils	Peppers
Broccoli	Brussel sprouts	Cabbage
Cauliflower	Turnip	Eggs
Melon	Cucumber	Onions
Chives	Pickles	Sauerkraut
Soft drinks	Beer	Chewing gum
Alcohol	Fried foods	

**DO NOT:**

- Talk while eating or eat when you are upset
- Drink with a straw or drink directly from a bottle
- Smoke or chew tobacco
- Chew gum or suck on candies
- Drink carbonated drinks
- Eat sorbitol and fructose (found in manufactured sugar-free foods)
- Drink hot beverages (let cool to lukewarm)

If you have symptoms from gas (such as bloating, abdominal pain) you can purchase **BEANO** from your local pharmacy. Take as directed on packaging.



**R.S. MCLAUGHLIN DURHAM  
REGIONAL CANCER CENTRE**  
LAKERIDGE HEALTH OSHAWA  
1 Hospital Court  
Oshawa ON L1G 2B9  
[www.lakeridgehealth.on.ca](http://www.lakeridgehealth.on.ca)

