Gas Reducing Diet

During your cancer treatment, you may need to reduce gas in your digestive system (this includes your stomach and your bowels). The information in this handout can help you do this.

Having a lot of gas in your digestive system can make you feel very uncomfortable. Making changes in your diet can help reduce this gas.

What you can do to reduce gas in your digestive system

- Eat 5 to 6 small meals a day.
- Eat where you feel relaxed.
- Do not talk when you are eating.
- Eat slowly. Chew your food well.
- Eat less foods that contain air, such as whipped cream and carbonated drinks (pop).
- Eat yogurt or buttermilk - these foods may help decrease the amount of gas your body makes.
- Eat less foods that may be gas-forming. See the list below of foods that are gas-forming foods.
- Keep a list of the foods that cause you to have gas. Add small amounts of these foods back into your diet one at a time. Don’t eat them if they still cause you to have gas.
- Drink lots of fluids.
- Drink fluids slowly. Do not use a straw.
- Do not drink fluids with your meals.
- Do not chew gum or tobacco.
- Do not smoke.
- Exercise is important. Plan to take a walk after you eat.

Common gas-forming foods

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>cabbage, onions, peas, lettuce, cucumber, broccoli, cauliflower, radishes, Brussel sprouts, corn, turnip, green peppers, beets, carrots, leeks, squash, spinach, pumpkin, parsnips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>prunes, raisins, melons, grapes, banana, raw apple</td>
</tr>
<tr>
<td>Legumes</td>
<td>dried peas and beans, baked beans, soybeans, lima beans, kidney beans, lentils</td>
</tr>
<tr>
<td>Whole grain products</td>
<td>whole wheat flour, bran cereals, bran muffins, rice bran, oat bran, rye</td>
</tr>
</tbody>
</table>
**Common gas-forming foods**

<table>
<thead>
<tr>
<th>Artificial sweeteners</th>
<th>Sugar free candies and gums sweetened with sorbitol or mannitol</th>
</tr>
</thead>
<tbody>
<tr>
<td>High fat foods</td>
<td>Fried foods, fatty meats, rich cream sauces, gravies and pastries</td>
</tr>
<tr>
<td>High lactose foods</td>
<td>Some dairy products may cause you to have abdominal cramps and bloating. Ask your dietitian or doctor if you should stop eating these foods.</td>
</tr>
</tbody>
</table>

If you have questions or concerns about any of the information in this handout:

- Ask a member of your healthcare to refer you to a dietitian.
- Call 1-866-338-1778 or 905-576-8711 extension 33282 to make an appointment with a dietitian.

We wish to thank the BC Cancer Agency for sharing the contents of this handout for our use. Minor changes were made to make the content appropriate for the Durham Regional Cancer Centre.

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