

## How to Reduce Gas in Your Digestive System

You may need to reduce gas in your digestive system (this includes your stomach and your bowels) during your cancer treatment. This handout offers information on how to reduce gas in your digestive system.

### What you can do to reduce gas in your digestive system

- Eat 5 to 6 small meals a day.
- Stay calm and relaxed while you are eating.
- Eat slowly.
- Chew your food well.
- Eat less foods that contain air, such as whipped cream and carbonated drinks (examples: pop, club soda, sparkling water, and beer).
- Eat yogurt or buttermilk. These foods may help decrease the amount of gas your body makes.
- Drink at least 6 to 8 cups of fluid daily.
- Drink fluids slowly. Do not gulp when you are drinking.
- Do not use a straw when you drink fluids.
- Do not drink fluids with your meals.
- Do not chew gum, tobacco or suck on hard candies.
- Do not smoke.
- Exercise is important. Plan to take a walk after you eat.

### These foods may cause more gas in your digestive system\*

\*You may choose to eat some of these foods in smaller amounts as they may not cause you to have gas. Everyone is different.

<b>Vegetables</b>	cabbage, onions, garlic, peas, lettuce, cucumber, broccoli, cauliflower, radishes, brussel sprouts, corn, turnip, green peppers, beets, carrots, leeks, squash, spinach, pumpkin, parsnips, bok choy, artichokes, asparagus, celery
<b>Fruits</b>	prunes, raisins, pears, peaches, banana, raw apple
<b>Legumes</b>	dried peas and beans, baked beans, soybeans, lima beans, kidney beans, lentils
<b>Whole grain products</b>	whole wheat flour, bran cereals, bran muffins, rice bran, oat bran, rye

### These foods may cause more gas in your digestive system

<b>Artificial sweeteners</b>	Sugar free candies and gums sweetened with sorbitol, mannitol or xylitol (examples: Diabetic food products and low calorie/zero calorie foods, and drinks)
<b>High fat foods</b>	Fried foods, fatty meats, rich cream sauces, gravies and, pastries
<b>High lactose foods</b>	Some dairy products may cause you to have abdominal cramps and bloating. Ask your dietitian or doctor if you should stop eating these foods.

Talk to your pharmacist about taking over-the-counter products such as BEANO, Gas-X, Diovol, and Phazyme. These products may help reduce gas in your digestive system.

Ask a member of your healthcare team to refer you to a dietitian if you have questions or concerns about any information in this handout.

*We 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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