

# Gas and Bloating

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Everyone has gas. We get rid of gas by burping or passing it through the rectum. Although gas is common, it can be uncomfortable and embarrassing.

Following the guidelines in this handout may help reduce your symptoms of gas and bloating.

## **What are the symptoms of gas?**

The most common symptoms are:

- burping
- passing wind or flatulence
- bloating or discomfort in the abdomen

## **What causes gas?**

Gas in the intestine comes from 2 sources:

1. The breakdown of undigested foods by bacteria naturally present in the large intestine.
2. Swallowed air.

## **Which foods cause gas?**

Foods that cause gas in one person may not cause gas in another.

## **Foods that may cause gas:**

- Dried peas, beans and lentils
- Vegetables such as broccoli, brussel sprouts, cabbage, cauliflower, chives, cucumber, garlic, onions, peppers, turnip, asparagus
- Eggs
- Melons
- Pickles and sauerkraut
- Carbonated beverages and beer
- Alcohol
- Some fried foods
- Lactose (if you are lactose intolerant)
- Sorbitol – a sugar found in fruits such as apples, pears, peaches and prunes. It is added as a sweetener in many dietetic candies and gums.
- Fibre\*

\*Review your fibre intake with your Dietician.

The following can also cause gas by making you swallow too much air:

- Chewing gum
- Drinking through a straw
- Talking while eating
- Eating quickly

## **Dietician/Dietetic Assistant's suggestions:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

If you have questions please call: \_\_\_\_\_

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