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DIPLOMATE, AMERICAN BOARDS
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Gas and Flatulence Prevention Diet

Indication: Excessive belching, abdominal bloating, or rectal gas
Post-colonoscopy

Recommended Foods:

Citrus juices
Skim milk
Poultry
Lean meats
Steamed rice
Lettuce and tomato salad
Steamed spinach

Foods to Avoid:

All beans
Dairy products (cheese, ice cream, milk)
Cabbage, onions, broccoli, brussel sprouts, cauliflower, asparagus,
cucumbers
Potatoes, turnips
Prunes, apricots, apples, raisins, bananas
Wheat products (such as cereals, breads, and pastries)
Fatty foods
Carbonated beverages

Helpful Hints:

- Try to reduce the number of times you swallow.
- Avoid chewing gum, hard candy, cigarettes, and pipes
- Avoid carbonated beverages
- Eat slowly, sip fluids, and do not use straws

- Do not try to make yourself belch

Gas and Flatulence Prevention Sample Menu

Breakfast

Coffee/tea

Orange juice

Rice cakes (2)

Melon

Nonfat milk

White toast

Jelly, jam, or margarine

Lunch

Skinless chicken breast

Steamed rice

Cooked carrots

Graham crackers

Cranberry juice

Dinner

Lean meat

Rice noodles

Steamed spinach

Lettuce and tomato salad

Margarine

Canned peaches

Sherbert

Snack

Orange