

PRIME HEALTHCARE, P.C.

Gastroenterology

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Gas Prevention Diet

Gas can be embarrassing and uncomfortable. Most of the time, gas occurs naturally as a result of the digestive process, produced by a mix of bacteria in the colon. It is usually odorless however can contain sulfide gasses. Sulfates can be found in beer and wine, animal protein and some dietary supplements.

On average, 10-15 gas passages per day is considered normal and healthy. Having gas may be inconvenient or embarrassing, but is rarely by itself a sign of a medical problem.

Causes of Excessive Gas:

- Swallowing air due to eating or drinking rapidly, smoking, chewing gum, sucking hard candies, using straws
- Stress and anxiety
- Food sensitivities
- Lactose or Fructose intolerance
- High Fat Diets

Dietary Fiber and Gas:

There are two main types of dietary fiber:

- **Soluble Fiber:** Fiber that consists of carbohydrates and dissolves in water. Soluble fiber can be fermented by the colon bacteria produce gas.
 - **Insoluble Fiber:** Fiber that does not dissolve in water. It retains water and helps promote softer, bulkier stool. These fibers are not fermented by colon bacteria and do not produce colon gas.
- Rapid introduction of any high fiber foods into the diet can cause gas. Starting a high fiber diet should be done slowly and gradually. Drinking plenty of fluids can help when dietary fiber is increased.

Foods Most Likely to Cause Gas:

Apples	Melons	Onions	Garlic	Cabbage	Cauliflower
Broccoli	Cucumbers	Dried Beans	Baked Beans	Coconut	Brussel Sprouts
Figs	Molasses	Nuts	Soy	Wheat	Artificial Sweeteners
Eggs	Dried Fruit	Bananas	Caffeine	Corn	Carbonated Beverages
Red Wine	Honey	Deli Meats	Whole Grains		

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