

Advice to prevent excessive gas

It is important to **reduce the amount of gas in your bowels** for treatment. This can be done by introducing some changes into your diet as soon as possible.

The following list shows some foods to avoid – These items contain fibre, sugars and starches that don't digest or absorb easily and are known to cause intestinal gas. Certain foods may cause more intestinal gas (flatulence/farts) than others in certain people – If you find you are gassy after eating a certain food, eliminate it from your diet and see if it helps.

General Advice to help prevent intestinal gas:

- Avoid foods you know personally cause you gas.
- Eat consistent meals (i.e. breakfast, lunch and dinner).
- Eating slowly while you are relaxed and chewing food well.
- Avoid using drinking straws when consuming fluids to reduce air intake.
- Avoid chewing gum as air can be swallowed while chewing.
- It may help to take a short walk after eating.

AVOID	REDUCE	PLENTY
Beans <ul style="list-style-type: none"> • Baked Beans • Peas • Beans • Lentils • Chick Peas • Soya Beans • Kidney Beans 	Leafy greens <ul style="list-style-type: none"> • Lightly steamed or sautéed • Avoid raw leafy greens 	Root vegetables <ul style="list-style-type: none"> • Potatoes • Kumara • Carrot • Pumpkin • Beetroot • Parsnip • Squash
Brassicas <ul style="list-style-type: none"> • Broccoli • Cabbage • Cauliflower • Kale • Brussel sprouts 	Citrus <ul style="list-style-type: none"> • Oranges • Mandarins • Lemons/limes • Melon 	Specific fruits <ul style="list-style-type: none"> • Kiwifruit • Banana • Berries • Tinned, stewed and cooked fruit • Peeled apples
Bubbles <ul style="list-style-type: none"> • Fizzy drink • Beer/Cider • Sparkling wine • Champagne 	Wheat <ul style="list-style-type: none"> • Bread • Pasta 	Specific vegetables <ul style="list-style-type: none"> • Capsicum • Tomatoes • Avocados
Fruit/Vegetables <ul style="list-style-type: none"> • Onion (leeks) • Mushrooms • Raw stone fruit • Dried fruit 	Other: <ul style="list-style-type: none"> • Fatty foods (i.e. high in oil content) 	Dairy (unless intolerant) <ul style="list-style-type: none"> • Cheese • Yogurt
		Meat and fish Eggs
		Other: <ul style="list-style-type: none"> • Rice • Brown Rice crackers

Meal Examples:

BREAKFAST	LUNCH	DINNER
Quick oats with berries or banana + yoghurt	Brown rice crackers with tuna + cheese	Meat loaf + root vegetables <ul style="list-style-type: none">• No onion
Scrambled eggs (with bacon)	Sandwiches with spread <ul style="list-style-type: none">• Peanut butter• Jam	Spaghetti bolognese
Banana berry yogurt smoothie	Toasted sandwiches <ul style="list-style-type: none">• Ham + cheese	Roast meat + root vegetables
Hash browns + cooked tomatoes	Pasta bake	Fish and chips <ul style="list-style-type: none">• Home-made
	Sushi	Fried rice <ul style="list-style-type: none">• Low in oil
		Pizza <ul style="list-style-type: none">• Ham and pineapple• Meat lovers (no onion)
		Soups <ul style="list-style-type: none">• Pumpkin• Tomato• Chicken