

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

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