



















Gas

Passing gas is a natural process, but it can be particularly annoying or troublesome for ostomates. Here are some dietary tips to help reduce the build-up of excess gas in your body. (See the *Gas* section, Chapter 7, for more tips).

		GAS	
			
<p>BEVERAGES</p> 	<p>Green juices – Make juices or smoothies with kale, spinach or other green leafy vegetable.</p>	<p>Carbonated or sparkling drinks</p>	
	<p>Chamomile tea – Best if brewed strong.</p>		
	<p>Warm lemon water – Squeeze the juice of a lemon into a glass of water.</p>	<p>Alcoholic beverages</p>	
<p>FRUIT</p> 	<p>Berries (strawberries, raspberries, blueberries, etc.) – Berries don't actively reduce gas, but they're low in sorbitol (which causes gas), so they're a good choice.</p>	<p>Apples, bananas, cherries, citrus fruits, peaches, prunes, pears, raisins – Many of these fruits contain a sugar called sorbitol. Citrus fruits have high levels of soluble fiber. Both can cause excess gas.</p>	
	<p>Papaya, pineapple – Papaya and pineapple contain enzymes that break down food faster, creating less gas.</p>		

		GAS, cont'd	
			
<p>VEGETABLES</p> 	<p>Pumpkin – in any form</p>		<p>Asparagus, broccoli, brussels sprouts, carrots, cauliflower, corn, cucumber, onions, radishes, sauerkraut, turnips/rutabaga – Many of these vegetables contain types of sugars that cause gas when they're digested.</p>
	<p>Fennel – slice thin and add to salads or slaw</p>		
	<p>Cabbage – Despite its bad reputation, cabbage actually contains good bacteria that help break down foods so gas doesn't build up.</p>		
<p>Potatoes – starchy and high in carbohydrates, which can cause gas</p>			
<p>DAIRY</p> 	<p>Probiotic yogurt, aged hard cheese, butter, sherbet – These are lower in lactose (which can cause gas).</p>		<p>Milk, ice cream, sour cream, puddings. – Dairy products contain lactose, a sugar that can be difficult to digest and can cause gas – especially if you're lactose intolerant.</p>
<p>LEGUMES</p> 			<p>Beans or peas, any soy product – Beans contain a sugar found in vegetables on the "don't eat" list for gas, as well as soluble fiber. A double whammy!</p>

			GAS, cont'd	
				
<p>NUTS</p> 				<p>Any nuts</p>
<p>GRAINS</p> 	<p>White rice – Rice doesn't reduce gas, but unlike other starchy foods, it doesn't create gas either. So it's allowed.</p>	<p>Oats (oat bran, oatmeal) – Foods with high soluble fiber can cause gas. Oats are particularly high in this.</p>		<p>Bread, pasta, etc. – Starchy foods (except white rice) are high in carbohydrates, which can cause gas.</p>
<p>FATTY FOODS</p> 				<p>Fatty meats</p> <p>Fried foods, including French fries</p> <p>Rich sauces & gravies</p>

		GAS, cont'd	
			
<p>HERBS & SPICES</p> 	<p>Peppermint – Chew a few leaves raw or add them to tea</p>		
	<p>Ginger – Make gingerroot tea (pour boiling water over a chunk of ginger, add honey and lemon), or grate/purée ginger to add to soups.</p>		
	<p>Basil, black pepper, cardamom, cayenne pepper, coriander, dill, marjoram, oregano, parsley, rosemary, cloves, savory, tarragon – All these herbs are “carminative” – which means they prevent or reduce gas</p>		
	<p>Dandelion greens – sautéed or added to a salad</p>		
<p>SUGARS</p> 	<p>Raw honey – about a spoonful</p>	<p>Chocolate bars, candy, cookies, pastries, etc. – any foods with a lot of sugar, which is a carbohydrate and can therefore cause gas.</p>	