

Gas and Bloating

Nutrition Fact Sheet



Common Causes of Gas and Bloating

- Poorly absorbed carbohydrates
- Swallowing air from eating or nervous habit
- Eating high-fat meals or food items
- Lactose (milk sugar)
- Eating gas causing foods
- HIV medications
- Chewing gum
- Sorbitol & mannitol containing foods
- Too much fiber



Some Foods That Produce Gas

Apples	Lactose
Asparagus	Milk, Ice Cream
Beans	Oats
Bread	Onions
Broccoli	Peaches
Brussels Sprouts	Pears
Cabbage	Potatoes
Cauliflower	Plums
Corn	Raisins
Fructose	Soft Cheese
Grapes	Sorbitol or Mannitol

Relieving Bloating and Gas

- Avoid or limit foods that affect you the most
- Try a brisk walk after eating
- Try to reduce anxiety to avoid swallowing air
- Avoid lying down after eating for at least 1 hour
- Eat smaller, more frequent meals
- Avoid high fat meals
- Change medications if possible
- Decrease sorbitol (gum, mints, sugar-free candy)
- Increase fiber slowly in the diet

Lactose Intolerance

- Decrease or avoid foods that contain milk, such as ice cream or cheese.
- Try products which are lactose-free or that can help digest lactose.
See examples →
- Try soy milk or soy cheese products.



For more information or fact sheets contact:

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