



## SHAW REGIONAL CANCER CENTER

[www.shawcancercenter.com](http://www.shawcancercenter.com)

### **Food Choices to Lessen Gas**

Stomach gas (e.g. burping) and intestinal gas (e.g. bloating and excess flatus) can be very uncomfortable. Sometimes changing what you eat can help. Here are some tips to try:

#### **To Reduce Stomach Gas:**

- Eat small meals and snacks more often through the day instead of large meals.
- Eat in a relaxed atmosphere. Try not to talk while you are eating, to decrease the chance of swallowing air.
- Eat and drink slowly. Chew your food well.
- Sip, rather than gulp beverages. Do not use a straw for drinking.
- Do not chew gum or tobacco.
- Do not smoke.
- Avoid foods that contain air, such as carbonated beverages and whipped cream.

#### **To Reduce Intestinal Gas:**

- Avoid overeating. Eat smaller meals more often instead.
- Exercise regularly. Try taking a walk after meals.
- Try buttermilk or yogurt – these foods may help decrease the amount of gas your body makes.
- Keep a list of the foods that you think might cause gas and do not eat them. Add these foods back into your diet one at a time in small amounts and “note” if they agree with you or not.
- Limit those foods that may be gas forming. Refer to the list of common gas-forming foods.
- Drink plenty of fluids, but do not drink them with main meals.

### **Common ‘Gas-Forming’ Foods**

#### Vegetables

Cabbage, onions, peas, lettuce, cucumber, broccoli, cauliflower, radishes, brussel sprouts, corn, turnip, green peppers, beets, carrots, leeks, squash, spinach, pumpkin, parsnips

#### Fruits and Legumes

Prunes, raisins, melons, grapes, banana, raw apple, dried peas and beans, baked beans, soybeans, lima beans, kidney beans, lentils

#### Whole Grain Products

Whole wheat flour, bran cereals, bran muffins, rice bran, oat bran, rye

### Artificial Sweeteners

“Dietetic” candies and sugar-free gums sweetened with sorbitol or mannitol

### High Fat Foods

Fried foods, fatty meats, rich cream sauces, gravies, and pastries

### High Lactose Foods

Some dairy products may cause abdominal cramps and bloating. Ask your nutritionist or doctor if you should avoid these foods.

### **Bladder Preparation for Simulation and Treatment Instructions**

#### Full Bladder Preparation

- One hour before appointment, empty your bladder.
- Drink 16 ounces of water and do not void until after the appointment.
- Adjustments can be made as necessary.