

ADVANCED GASTROENTEROLOGY OF BERGEN COUNTY, P.A.

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Gastroenterology
Hepatology
Gastrointestinal Endoscopy

THE ANTI-GAS DIET

HIGH GAS FOODS (TRY TO AVOID):

MILK - CAN ADD LACTAID
MILK PRODUCTS
ICE CREAM - TOFUTI, SHERBERTS & YOGURT PERMITTED
ONIONS, BEANS, CELERY & CARROTS
RAISINS, BANANAS, PEACHES, PEARS & APRICOTS
PRUNES & PRUNE JUICE
PRETZELS
BAGELS
WHEAT GERM
BRUSSEL SPROUTS, BROCCOLI, CAULIFLOWER & CABBAGE
'SUGAR FREE" GUM & MINTS WHICH CONTAIN SORBITOL

MODERATE GAS FOODS (TRY TO AVOID)

PASTRIES
POTATOES & EGGPLANT
CITRUS FRUITS & APPLES
BREAD

LOW GAS FOODS (TRY TO EMPHASIZE IN YOUR DIET):

MEATS, FOWL & FISH
VEGETABLES OTHER THAN THOSE LISTED ABOVE
FRUITS OTHER THAN THOSE LISTED ABOVE
RICE, CORN, NUTS, EGGS, JELLO & WATER