

Important information about nutrition

SUGGESTIONS FOR THE CONTROL OF “GAS”

Avoid	<ul style="list-style-type: none">• Carbonated drinks including beer• Eating rapidly• Drinking large volumes of fluids at once• Eating large heavy meals at once• Drinking through a straw• Skipping meals• Taking multiple deep breaths, sucking on candy, chewing gum can cause ingestion of gas
Foods that tend to cause gas	<ul style="list-style-type: none">• Beans including soy beans, soy milk and lentils• Fruits such as apples, grapes, raisins, prunes• Vegetables such as broccoli, Brussels sprouts, cabbage, celery, beets, cucumbers, onions, radish• Breads and cereals with high fiber content• Milk and products with lactose• Sorbitol, mannitol, xylose, fructose found in fruit, gum, candy, and caramels with high sugar content
Additional information	<ul style="list-style-type: none">• BEANO™ is a medication that can be taken with meals to reduce gas. Available at your market or pharmacy. For information, call 1-800-257-8650.• If you believe you are lactose intolerant, many products for lactose intolerance are available at your local merchants and pharmacies.• Simethicone (PHAZYME™, GAS-X™) can reduce the surface tension of gas bubbles and make gas easier to pass.