

**GI CONSULTANTS
MONTEREY BAY ENDOSCOPY CENTER**

ANTI-GAS DIET

Description

The anti-gas diet is aimed at reducing bloating and gas.

Dietary Plan

Foods that produce bloating and gas include:

- garlic
- broccoli
- cauliflower
- cabbage
- brussel sprouts
- radish
- cucumber
- onion
- dried beans (not green beans)

Additionally, foods which contain milk and milk/products may also produce excessive gas. Eliminate these foods if your doctor has asked you to eliminate milk from your diet:

- milk
- buttermilk
- ice cream
- cottage cheese
- yogurt
- cheese
- sour cream
- any products containing lactose or milk sugar