Gas-Producing Foods

Some foods produce more gas, resulting in bloating, belching (burping), and flatulence (passing gas). Everyone's body tolerates foods differently and this list different for each person. Foods that produce more gas for one person, may not do so for another person. Try to remove these foods one at a time to see whether your symptoms improve.

Vegetables

- Onions
- Celery
- Carrots
- Brussel sprouts
- Cabbage
- Broccoli
- Cauliflower
- Bok choy
- Brussel sprouts
- Radish
- Asparagus
- Potatoes
- Peas
- Green salad
- Eggplant
- Mushrooms
- Leeks
- Parsnips
- Corn

Other

- Legumes: beans, lentils, chickpeas
- Starches: bread, pastries, cereal, noodles, brown rice, corn
- Dairy containing lactose (if you have lactose intolerance): cheese, ice cream
- Fructose (sweetener)
- Sorbitol: sugar-free candies, gums, artificial sweeteners, apples, pears, peaches, prunes
- Carbonated beverages: beer, pop

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