

**Twin Forks Gastroenterology & Hepatology, P.C.**  
**Eyad M. Ali, M.D.**

**THE ANTI-GAS DIET**

**High Gas Foods (Try to Avoid)**

Milk (Lactaid OK to drink)

Milk Products – NO ice cream. Tofuti and water sherberts OK. Yogurt often OK too.

Onions	Beans
Celery	Carrots
Raisins	Pears
Bananas	Peaches
Apricots	Wheat Germ
Prunes	Prune Juice
Pretzels	Bagels
Brussel sprouts	Broccoli
Cauliflower	Cabbage

“Sugar Free” gum and mints (contains sorbitol)  
NO Soda or carbonated beverages

**Moderate Gas Foods (Try to Limit)**

Pastries	Pasta
Potatoes	Bread
Eggplant	Apples

Citrus Fruits

**Low Gas Foods (Try to Emphasize in Diet)**

Vegetables other than those mentioned above

Fruits other than those mentioned above ex.) cantaloupe, grapes, berries

Meats	Fowl	Eggs
Fish	Water	
Rice	Corn	
Nuts	Jello	