

## **That Bloating Feeling - Is It Something You Ate?**

**Do you feel bloated or gassy after eating and you are not sure what is causing it?**

### **Different foods may cause gas and bloating**

Harmless bacteria in the intestines break down undigested carbohydrates, sugars or fiber. This causes gas or bloating in some people. What foods may cause these side effects?

- beans, some fruits and vegetables and grains
- low calorie candy, chewing gum, ice cream or baked goods made with sweeteners called "polyols" such as isomalt, mannitol, sorbitol and xylitol
- milk and milk products with the sugar, lactose

### **Tips to help you decrease these side effects**

To help you identify which food is causing problems you will need to stop eating the food and then add it back to your diet to see if it causes gas or bloating. However, more than one food may cause side effects. It may be easier to try the following:

- Eat small servings of the food that cause problems for you
- Add Beano™ drops to bean, grain and vegetable dishes - it may reduce gas. (Call 1-800-257-8650 to get a free sample of Beano™).

### **Tips to help you continue to eat beans with fewer side effects:**

- If you soak dry beans overnight use fresh water when cooking the beans.
- Rinse canned beans before eating - the liquid contains the sugars that cause gas. (Discard any left over water that beans are cooked in - it, too, contains these sugars).

### **Tips to help you continue to choose milk with fewer side effects**

- Drink a small amount of milk or drink milk with meals.
- Eat yogurt or cheeses such as American, Swiss or cheddar.
- Try lactose-reduced or lactose-free milk such as Lact-Aid™ milk.

### **The bottom line...**

Not everyone has these problems. If you do, you may still be able eat the foods that cause you problems. Try the tips above so that you can continue to choose a diet that is full of the variety and good nutrition that beans, grains, fruits and vegetables offer.

Note: Medical conditions such as celiac disease are not addressed in this fact sheet.

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- References:      1. Liebman, Bonnie. "Out of Gas," Nutrition Action Health Letter, March 1991.  
                      2. Questions and Answers about Polyols, [Calorie Control Council](#)

Written By: Ellen Schuster, M.S., R.D.  
                  OSU Extension Service  
                  Family and Community Development Program

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