

Gastroenterology and Internal Medicine Specialists, S.C.

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LAKE BARRINGTON, ILLINOIS 60010

24 HOUR ANSWERING SERVICE
TELEPHONE (847) 382-4410
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LOW GAS DIET

- Foods Allowed:** Meat, fowl, fish, yogurt and buttermilk
- Fruits:** Cantaloupe, grapes and berries
- Vegetables:** Lettuce, cucumber, peppers, avocado, tomato, asparagus, zucchini, okra and olives
- Starches:** Rice, corn chips, potato chips, popcorn and graham crackers
- Foods to be Limited:** Potatoes, eggplant, bread, pastries, citrus fruits, apples and juices
- Foods to be Avoided:** Milk and milk products (ice cream, cheeses), onions, garlic, beans, celery, carrots, brussel sprouts, raisins, bananas, apricots, prunes, prune juice, bagels, wheat germ and pretzels

Reference: Sutalf & Levitt
Dig. Dis. & Sci. 24: 652-654, 1979