

COLORECTAL SURGICAL ASSOCIATES, P.S.C.

Drs. Fox, Svetich, Papp, Dvorak & Belin

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859-278-6031 859-277-7015 Fax

GAS FORMING FOODS

beans (dried)
broccoli
cabbage
cauliflower
corn
cucumbers
lentils
lettuce
melons
mushrooms
onions
peas

peppers
radishes
sauerkraut
spinach
sweet potatoes
turnips

cheeses (strong)
eggs
milk
yogurt

nuts
popcorn
wheat germ

alcohol
beer
caffeine
carbonated beverages

chewing gum
spicy foods
swallowed air

ODOR-CAUSING FOODS

asparagus
broccoli
brussel sprouts
cabbage
cauliflower
cheeses (strong)
cucumbers
dried beans

eggs
fish
garlic
lentils
melons
onions
peas
peppers

sauerkraut
alcohol
beer
carbonated beverages
garlic
some spices

FOODS THAT MAY BE HELPFUL IN PREVENTING ODOR

cranberry juice
yogurt
buttermilk

OTHER SUGGESTIONS

eat slowly
chew with mouth closed
avoid using straws
avoid gum chewing
avoid gulping food