

Diet to reduce intestinal gas

You may eat the following:

Cereals:

Rice Krispies
Cornflakes/Frosties
Puffed Wheat

Avoid unmilled grains and seeds
Avoid high bran products

Bread:

white or brown bread only

Other starchy foods:

starchy foods should be eaten freshly cooked and not cold

Potato
Cakes
Biscuits-except Digestive
Rice
Pasta

Vegetables:

Any vegetable except peas, beans, artichokes, leeks,
Onions and salsify

Fruit:

Any fruit

Bananas must be totally ripe, e.g., yellow-black, not green

Meat:

Any meat

Fish:

Any fish

Drinks:

Milk
Tea or coffee as required
Fruit juice

Miscellaneous:

Homemade jam, marmalade
Honey
Butter
Oils
Margarine
Eggs
Cheese
Yoghurt- try bifidus yoghurts as well
Sugar

Avoid all nuts and dried fruit