



Nunnelee Pediatric Specialty Clinics

Helpful Hints for Controlling Gas (Flatus)

Bowel incontinence can also mean the inability to control gas. Altering your child's lifestyle may help to resolve or reduce the problem. Different techniques help different people. It is important to remember that there may be more than one contributing factor.

Drinking

- Caffeine can increase bowel activity and increase gas.
- Carbonated drinks can increase belching and gas production.
- It is better not to drink fluids with food as it increases air intake and gas.

Eating

Some foods produce more gas than others. However, this is different for every individual and food that produces gas for one person may not do so for another. Try avoiding some of these foods to see if it makes things better for your child. Be aware that the foods high in fiber are usually major gas producers. These high fiber foods are important for normal bowel function so they should not be eliminated completely from your child's diet. Try to eliminate different foods one at a time. This way you will be able to tell which food may be the culprit.

Additional ideas:

- Try encouraging your child to eat slowly which decreases the amount of air swallowed.
- Eat at the same time each day.
- Eat smaller meals more frequently.

Gas Producing Foods

Foods which cause a normal amount of gas:

- Vegetables: Lettuce, Peppers, Avocado, Tomato, Asparagus, Zucchini, Okra, Olives
- Fruits: Cantaloupe, Grapes, Berries
- White Rice, Chips, Popcorn, Graham Crackers
- Meat, fowl, fish
- All nuts
- Eggs

Foods which cause a moderate amount of gas (may need to avoid):

- Potatoes
- Eggplant
- Citrus fruits, apples
- Bread, pastries

Major gas producing foods (avoid):

- Vegetables: Broccoli, Onions, Celery, Carrots, Brussels Sprouts, Cabbage, Cucumber, Cauliflower, Radishes, Peas, Leeks, Parsnips
- Beans
- Fruit: Raisins, Bananas, Apricots, Prunes, dried fruit

- Bagels, Pretzels, Wheat Germ, Bran, Brown Rice
- Rich, fatty foods, especially fried foods.
- Hot spicy foods