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## **GAS-FORMING POTENTIAL OF COMMON FOODS**

## **High Gas Producers**

Beans Bread Cabbage Pasta

Brussel Sprouts Other Wheat Products

Corn Oats

Potatoes Processed Bran

## Low Gas Producers

Rice (white)
Citrus Fruits
Grapes
Hard Cheese
Meats

Eggs Peanut Butter

Noncarbonated Drinks Sugar Containing Beverages

Saccharine Unprocessed Bran