

GAS-FORMING POTENTIAL OF COMMON FOODS

High Gas Producers

Beans
Cabbage
Brussel Sprouts
Corn
Potatoes

Bread
Pasta
Other Wheat Products
Oats
Processed Bran

Low Gas Producers

Rice (white)
Citrus Fruits
Hard Cheese
Eggs
Noncarbonated Drinks
Saccharine

Bananas
Grapes
Meats
Peanut Butter
Sugar Containing Beverages
Unprocessed Bran