

Life is a Gas, foods to Watch

1. Certain Vegetables and Legumes

The following vegetables have made their way onto this list due to the fact that they contain raffinose and/or fructose:

- artichokes
- asparagus
- beans
- broccoli
- Brussel sprouts
- cabbage
- carrots
- cauliflower
- celery
- cucumbers
- green peppers
- lentils
- onions
- peas
- potatoes
- radishes

2. Certain Fruits

These fruits may be a problem for you as they contain fructose, sorbitol and/or soluble fiber:

- apples
- apricots
- bananas
- oranges
- peaches
- pears
- prunes
- raisins

3. Dairy Products

Even if you have not been diagnosed with [lactose intolerance](#), you may find that eating dairy products results in unwanted gas. As our bodies age, we tend to produce less of the enzyme lactase that is necessary for digesting lactose (the sugar found in milk and other dairy products), and thus gassiness resulting from dairy foods may become a problem.

- Cheese
- Ice cream
- Milk
- Processed foods containing milk products.

4. Certain Whole Grains

Although whole grains are quite healthy for you, some of them contain soluble fiber and/or raffinose which can contribute to unwanted gassiness:

- Barley
- Flax seed
- Oat bran
- Wheat

5. Certain Snack Foods

Watch what you reach for when you get the munchies. Read the labels of sugar-free candies and gums to ensure that they don't contain sorbitol. Nuts and seeds are often a good source of soluble fiber and thus may be problematic in terms of gas.

6. Certain Drinks

As with snack food, watch what you drink. The following beverages may contain fructose, sorbitol or carbonation, all of which can contribute to intestinal gas:

- Beer
- Diet sodas
- Fruit juices
- Wine