



LOW GASS PRODUCING FOOD CHART



EAT

- ZUCCHINI
- CARROTS
- CUCUMBER
- SPANISH
- LETTUCE
- KALE
- PUMPKIN
- TOMATOES
- BELL PEPPERS
- EGGPLANT
- BANANAS
- BLUEBERRIES
- STRAWBERRIES
- PINEAPPLE
- ORANGES
- KIWI
- GRAPES
- PAPAYA
- CANTALOUPE
- RICE (WHITE OR BROWN)
- QUINOA
- OATS
- BUCKWHEAT
- GLUTEN-FREE BREAD
- CHICKEN BREAST
- TURKEY BREAST
- LEAN BEEF
- EGGS
- FIRM TOFU
- WHITE FISH
- SALMON
- SHRIMP
- GREEK YOGURT (LACTOSE-FREE)
- ALMOND MILK



LIMIT

- SWEET POTATOS
- BEETS
- GREEN BEANS
- BROCCOLI (SMALL AMOUNTS)
- CAULIFLOWER (SMALL AMOUNTS)
- AVOCADO
- RASPBERRIES
- BLACKBERRIES
- APPLES (PEELED)
- PEARS (PEELED)
- WHOLE WHEAT BREAD
- BARLEY
- LENTILS (WELL COOKED)
- CHICKPEAS (WELL COOKED)
- KIDNEY BEANS (WELL COOKED)
- CHEDDAR CHEESE
- MILK (LACTOSE-FREE)
- SOY MILK
- CABBAGE (SMALL AMOUNTS)
- BRUSSELS SPROUTS (SMALL AMOUNTS)
- CASHEWS
- PISTACHIOS
- PEANUTS
- HUMMUS
- COTTAGE CHEESE (LACTOSE FREE)
- SOUR CREAM (LACTOSE FREE)
- KEFIR (LACTOSE FREE)

AVOID

- ONIONS
- GARLIC
- LEEKS
- SHALLOTS
- MUSHROOMS
- ASPARAGUS
- ARTICHOKE
- CABBAGE (RAW)
- BRUSSELS SPROUTS (RAW)
- BROCCOLI (LARGE PORTIONS)
- CAULIFLOWER (LARGE PORTIONS)
- BEANS (NAVY, BLACK, PINTO)
- SPLIT PEAS
- SOYBEANS
- DAIRY MILK (REGULAR)
- SOFT CHEESE (BRIE, CAMEMBERT)
- ICE CREAM
- WHEAT BREAD (WHITE OR WHOLE)
- RYE BREAD
- PASTA (WHEAT)
- APPLES (WITH SKIN)
- PEARS (WITH SKIN)
- WATERMELON
- CHERRIES
- DRIED FRUITS (RAISINS, APRICOTS, PRUNES)
- DATES
- FIGS

