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**Common Foods that Increase Gas Production**

**Beans and Lentils**

**Fruit (apples, apricots, cherries, grapefruit, mango, nectarines, peaches, plums, and prunes)**

**Vegetables (asparagus, broccoli, brussel sprouts, onions, garlic, and cabbage)**

**Lactose containing foods (buttermilk, cream, custard, ice cream, margarine, and whole milk)**

**Foods rich in starch (corn, potatoes, and pasta)**

**Sugar alcohols (sorbitol and others commonly found in sugar-free candies and gum)**

**Whole grains (wheat)**

**Common behaviors that increase intestinal gas**

**Chewing gum and sucking candies**

**Drinking carbonated beverages**

**Use of drinking fountains and straws**

**Smoking**

**Eating quickly**

**Eating while walking**