

GAS FORMING FOODS

beans (dried)	peppers	nuts
broccoli	radishes	popcorn
cabbage	sauerkraut	wheat germ
cauliflower	spinach	
corn	sweet potatoes	alcohol
cucumbers	turnips	beer
lentils		
	cheeses (strong)	caffeine
lettuce	milk	carbonated beverages
melons	yogurt	
mushrooms		chewing gum
onions	eggs	spicy foods
peas		swallowed air

ODOR-CAUSING FOODS

asparagus	eggs	sauerkraut
broccoli	fish	alcohol
brussel sprouts	garlic	beer
cabbage	lentils	carbonated beverages
cauliflower	melons	garlic
cheeses (strong)	onions	some spices
cucumbers	peas	
dried beans	peppers	

FOODS THAT MAY BE HELPFUL IN PREVENTING ODOR

cranberry juice
yogurt
buttermilk

OTHER SUGGESTIONS

eat slowly
chew with mouth closed
avoid using straws
avoid gum chewing
avoid gulping food