



Choosing the Right Fibers when you have Gas, Bloating, and/or Diarrhea—and always remember to chew your foods very well!

Eat more soluble fibers that may help bulk stools:

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| <ul style="list-style-type: none"> • Bread • Rice • Quick Cook Oatmeal • Tortillas • Barley • Rye • Legumes | <ul style="list-style-type: none"> • Smooth nut butters • Carrots • Beets • Green beans • Squash • Chopped spinach • Avocado | <ul style="list-style-type: none"> • Bananas • Apples/applesauce • Pears • Peaches • Ripe melon (no seeds) • Sweet Potatoes • Potatoes | |
| } very soft cooked | | } very soft cooked | } peeled |

Eat more prebiotic fibers that may help promote the growth of good bacteria:

(but they may also increase gas when first consumed)

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| <ul style="list-style-type: none"> • Jerusalem artichoke • Dandelion greens • Garlic, leeks, onions | <ul style="list-style-type: none"> • Asparagus • Banana |
| } very soft cooked | |

Limit or only take these gassy foods if well tolerated:

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| <ul style="list-style-type: none"> • Broccoli/cauliflower/cabbage • Carbonated beverages • Lactose-containing milk • Chewing gum • Cucumbers, Radishes | <ul style="list-style-type: none"> • Raw onions/garlic • Beans • Alcohol • Raisins, prunes • Wheat bran cereals |
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Consider trying probiotic-rich foods:

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| <ul style="list-style-type: none"> • Yogurt • Kefir • Good Belly • Yakult | <ul style="list-style-type: none"> • Activia • Kombucha Tea • Raw miso paste |
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