




	Foods to <u>Choose</u>	Foods to <u>Avoid</u>
BREADS/ CEREALS	Cereals (except bran or granola types), plain crackers, biscuits. 	High fibre cereals including bran and granola type cereals.
FRUITS	Bananas, applesauce, canned fruit, cooked fruit without skins or seeds. Watered down fruit juices.	Unripe melons. 
VEGGIES	Cooked vegetables without skins or seeds.	Broccoli, cabbage, cauliflower, corn, cucumbers, garlic, onions, peppers, spinach, squash, turnip
PROTEIN	Low fat yogurt, cottage cheese, sherbet. 	Legumes such as baked beans or other beans, green peas, lentils, etc.
MEATS	Poached or broiled fish, lean meats, poultry (no skin).	No restrictions.
SNACKS		Very sweet desserts, mints and other candies, chocolate bars, chewing gum, potato chips
LIQUIDS	Broth and clear soups.	Soups made with cream, drinks with caffeine (coffee, tea, colas, cocoa). Carbonated beverages (pop), alcoholic drinks including beer.
OTHER		High fat, greasy or spicy foods. Sauerkraut, pickles and other foods made with vinegar, garlic. Foods containing sugar alcohols (sorbitol, mannitol) may bother some people.

Comments, Feedback?

Contact Patient and Professional Education

519-685-8742

Email: lrcpeducation@lhsc.on.ca

Patient Information

Nutrition Management of Heartburn, Bloating & Gas



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Patient Information

Heartburn, Bloating and Gas

There are many reasons why you may have gas, cramps, bloating and heartburn. Some of these include:

- Lack of activity
- Nervousness
- Certain cancer treatments like radiation to the upper abdomen
- Some tumours (e.g., cancer of the pancreas)
- Some medications
- Certain foods

The purpose of this brochure is to give you information on how to manage these symptoms on your own. If these symptoms are making you uncomfortable and you cannot control them, talk to a member of your healthcare team at your next visit.

Helpful Hints

- Eat smaller meals and snacks more often.
- Try not to skip meals.
- Swallowed air makes up 90% of the gas in our digestive tract.
- Chew slowly and thoroughly, with your mouth closed, to prevent swallowing air.
- Eat soda crackers before you get out of bed and when you feel like you may be getting heartburn.
- Wait 30-45 minutes after a meal before having beverages.
- Avoid using a straw when drinking.
- Eat in a place that relaxes you.
- Avoid physical activity right after eating.

- Remain sitting up for at least a half to one hour after a meal.
- If you must lie down, keep your head elevated at least 12 inches above the level of your feet.
- Some dairy products may not agree with you due to lactose (milk sugar) intolerance. If necessary, special drops or pills, which aid in digestion, can be used when having milk products (e.g., Lacteeze® and Lactaid®). Pre-treated milk is also available in most supermarkets. Ask the Registered Dietitian about these products.
- An over-the-counter product called Gas-X® may help with gas production.

Medicine that can help manage heartburn:

If you have heartburn you can buy antacid medicine at your pharmacy. Antacids come as both liquids and pills. Some examples of heartburn medication include Maalox™, Rolaids™, Mylanta™ and TUMS™.

You can also buy medicine to help reduce acid production. These include:

- Ranitidine (e.g., Zantac™);
- Cimetidine (e.g., Tagamet™);
- Famotidine (e.g., Pepcid AC™).

In the most severe cases, your doctor may prescribe medicine to help you with these symptoms.



You can call Supportive Care at 519-685-8622 to make an appointment with a Registered Dietitian. You do not need a referral.
