



Fox Valley Surgical Specialists™

FOODS & FLATUS FACT SHEET

What is Flatus?

“Flatus” is the medical term for intestinal gas. Intestinal gas is normal and comes from swallowed air and the action of bacteria in the colon or intestine. Most foods produce a certain amount of gas, or flatus, during the digestive process. The following is a list of common gassy foods.

Normal Amounts

Meat, fowl and fish	Grapes
Lettuce	Berries
Cucumbers	Rice
Peppers	Chips
Avocados	Popcorn
Tomatoes	Graham crackers
Zucchini	All nuts
Okra	Eggs
Olives	Jello
Cantaloupe	Fruit ice

Moderate Amounts

Pastries	Bread
Potatoes	Broccoli
Eggplant	Cauliflower
Citrus fruits	Asparagus
Apples	

Large Amounts

Dairy products	Bagels
Onions	Wheat germ
Beans	Carrots
Celery	Raisins
Prunes	Bananas
Pretzels	Apricots