

# Bloating and Wind

This leaflet offers more information about how to reduce bloating and wind. If you have any further questions or concerns, please speak to the dietitian in charge of your care.

## What is bloating and why have I got it?

Bloating is an uncomfortable feeling of fullness. This is often described as feeling pressure in the belly. Sometimes bloating can also be accompanied by a visible widening in the waist. This is called distension. You can have either or both. Bloating and distension are very common symptoms.

If your tummy often feels bloated, it could be because of:

- Too much gas in your gut
- Not having a poo regularly known as constipation
- Swallowing air or gas from fizzy drinks
- A condition affecting the gut such as irritable bowel syndrome, coeliac disease etc.

Your doctor should have undertaken tests such as a blood test to exclude other reasons for the symptoms. Additional tests may have been undertaken based on your symptoms and clinical assessment.

## Changes you can make to help reduce bloating and wind

### Try to:

- Take time to eat and chew each mouthful well until you achieve an apple puree consistency.
- Eat meals at a similar time everyday and avoid skipping meals
- Cut down on processed, sugary, spicy or fatty foods including fast food, pies, pizza, burgers etc.
- Avoid sugar free foods, sweets, mints, gums / artificial sweeteners such as sorbitol, mannitol, maltitol, xylitol and erythritol. These are also found in chewable vitamins/ supplements.
- Avoid products containing the fibre inulin or chicory.
- Limit your intake of fizzy drinks – this includes carbonated water too.
- Limit the intake of gas producing foods as outlined in the table below.

## Gas Producing Foods

The following table shows fruit, vegetables, and other fermentable carbohydrates to limit and suitable alternatives to choose.

	<b>Gas producing foods to limit</b>	<b>Suitable alternatives</b>
<b>Fruit</b> Have 2-3 portions spread throughout the day. One portion is 80g of fresh fruit or 25g of dried fruit.	Apple Apricot Avocado Blackberry Mango <b>Gas producing foods to limit</b>	Banana Blueberries Cantaloupe melon Clementine Cranberries <b>Suitable alternatives</b>
Limit fruit juice to 1 small glass per day (120mls)	Nectarine Peach Pear Plum / Prunes Strawberries Tinned fruit in apple/pear juice Watermelon	Kiwifruit Lemon Lime Mandarin/ Clementine/ Satsuma Orange Papaya Passion fruit Pineapple Raspberries Rhubarb (cooked/ stewed)
<b>Vegetables</b> Have at least 3 portion per day. One portion is 80g.	Artichoke Asparagus Broccoli Brussel Sprouts Cabbage Cauliflower Garlic Leek Mushrooms Onion	Alfalfa Aubergine Beansprouts Bell pepper Bamboo shoots Carrot Chives Courgette Cucumber Green Beans Kale Lettuce Mangetout Olives Parsnip Potato Pumpkin Radish

		<p>Rocket Spinach Spring Onion (green part) Swede Tomato Turnip</p> <p>Note:</p> <ul style="list-style-type: none"> <li>- Asafoetida powder, chives and green part of spring onion can be used to provide onion flavour</li> <li>- Garlic infused oil to provide garlic flavour</li> </ul>
<b>Beans and Pulses</b>	<p>Baked beans Black eyed peas Broad beans Butter beans Chickpeas Kidney beans Lentils Split peas Soy beans</p>	<p>Edamame beans</p> <p>If you are vegetarian and pulses are a main source of protein opt for tinned beans and lentils and rinse them well.</p> <p>The following tinned options are less gas producing: Cannellini beans Kidney beans</p>

## Contact us

If you have any questions or concerns about your diet, please contact the dietitians on 020 8725 8055 (Monday to Friday, 9.00am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

**NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111



**Reference:** DIE\_BAW\_01 **Published:** January 2026 **Review date:** January 2028

