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:**

- Bread
- Rice
- Quick Cook Oatmeal
- Tortillas
- Barley
- Rye
- Legumes
- Smooth nut butters
- Carrots
- Beets
- Green beans
- Squash
- Chopped spinach
- Avocado
- Bananas
- Apples/applesauce
- Pears
- Peaches
- Ripe melon (no seeds)
- Sweet Potatoes
- Potatoes

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

- Jerusalem artichoke
- Dandelion greens
- Garlic, leeks, onions
- Asparagus
- Banana

**Limit or only take these gassy foods if well tolerated:**

- Broccoli/cauliflower/cabbage
- Carbonated beverages
- Lactose-containing milk
- Chewing gum
- Cucumbers, Radishes
- Raw onions/garlic
- Beans
- Alcohol
- Raisins, prunes
- Wheat bran cereals

**Consider trying probiotic-rich foods:**

- Yogurt
- Kefir
- Good Belly
- Yakult
- Activia
- Kombucha Tea
- Raw miso paste