

**可以幫助減輕胃氣和脹滿的食物
Food Choices to Lessen Gas**

體內有氣是正常的。吞嚥過多的空氣或食物在你的結腸內分解細菌時可增加胃氣。過多的氣體（腹脹，打嗝或放屁），可令你感到不舒服和尷尬。有時候，你的癌症，你的治療，某些食物或壓力可能會加劇體內的氣。It is normal to have gas. Gas can occur either after swallowing too much air or after the breakdown of food by bacteria in your colon.

Too much gas (bloating, burping or passing gas) can be uncomfortable and embarrassing. Sometimes your cancer, your treatment, certain foods or stress may worsen the gas.

有些食物可能會幫助減輕胃氣和脹滿。

Some food choices may help to decrease gas.

可以幫助減輕胃氣（胃脹和打嗝）的建議

Tips to help reduce stomach gas (bloating and burping):

- 盡量限制空氣你吞下量：

Try to limit the amount of air you swallow:

- 在輕鬆的環境中慢慢吃。不要一下子吞下食物。
Eat slowly in a relaxed environment. Do not gulp.
- 多吃小餐。
Eat smaller meals more often.
- 要多咀嚼你的食物。
Chew your food well.
- 進食時盡量不要談太多話。
Try not to talk a lot while eating.
- 從玻璃杯喝飲料。不要用吸管。
Drink from a glass. Do not use a straw.
- 避免口香糖和吸吮硬糖。
Avoid chewing gum and sucking on hard candies.
- 不要吸煙。
Do not smoke.
- 避免碳酸(有氣)飲料。
Avoid carbonated drinks.
- 確保你的假牙是合適的和戴得舒服。
Ensure your dentures fit properly.

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- 進食後要端正坐好，這以促進胃氣排出。
Sit upright after you eat to promote belching.
- 如果你的咽喉和上腹還感到灼熱，請詢問你的藥劑師或醫生關於有幫助的藥物。If you also experience heart burn ask your pharmacist or doctor about medications that can help.

可幫助減少胃氣（放屁或脹滿）的建議：

Tips to help reduce intestinal gas (passing gas or flatulence):

食物所導致胃氣或脹滿都是因人而異的。以下列表是常見可令胃氣增加的食物。避免那些會使你的症狀加重的食物。

Foods that cause gas are different for everyone. Here is a list of **common gas producing foods**. Avoid foods that that make your symptoms worse.

- **豆類**：所有扁豆和豆類（如腰豆，黑豆）
Legumes: All lentils and beans (such as kidney beans, black beans)
- **果仁**：開心果和腰果
Nuts: Pistachios and cashews
- **蔬菜**：枝竹，蘆筍，甜菜，西蘭花，甘藍，捲心菜，菜花，玉米，大蒜，洋蔥，蔥，香菇，馬鈴薯，胡蘿蔔，白蘿蔔，菠菜，青瓜，生菜，甜椒，豌豆
Vegetables : Artichokes, asparagus, beets, broccoli, Brussel sprouts, cabbage, cauliflower, corn, garlic, onions, shallots, mushrooms, potatoes, carrots, turnip, spinach, cucumber, lettuce, peppers, peas
- **水果**：蘋果，杏，梨，梅子，芒果，櫻桃，西瓜，乾果和果汁，葡萄，香蕉
Fruit: Apples, apricots, pears, plums, mangoes, cherries, watermelon, dried fruit and fruit juice, grapes, bananas
- **全穀物**：全麥，大麥或黑麥
Whole grains: Whole wheat, barley or rye
- **奶類製品**：如果你懷疑奶類製品導致你脹滿，限制高乳糖的奶類製品，如牛奶，酸奶（乳酪），或牛奶。相反，你可以嘗試低乳糖的牛奶或酸奶，或嘗試喝奶類製品時服用乳糖酵素補充劑；這可幫助你消化乳糖和減輕脹滿
- **Milk products:** If you suspect milk products give you gas, limit high lactose dairy products such as milk, yogurt, or buttermilk. Instead you can try lactose reduced milk or yogurt, or try taking a lactase enzyme supplement with milk or dairy products to help you digest lactose and reduce gas
- **代糖**：
Sweeteners:

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- 具有高果糖玉米糖漿(也稱為葡萄糖-果糖)的食品或流質飲料，如汽水和果味飲料。
Foods or fluids with high fructose corn syrup (also called glucose-fructose) such as soda pop and fruit-flavored beverages.
- 人造甜味劑如山梨醇，甘露糖醇和木糖醇可以在不含糖的糖果或口香糖中找到。要閱讀食品標籤和注意成分列表。
Artificial sweeteners such as sorbitol, mannitol and xylitol which can be found in sugar free candies or gum. Read labels to note ingredients.
- **添加菊粉或菊苣根：**這些成分可以被添加到一些包裝食品如麵條，麵包或酸奶，以增加它們的纖維含量。菊苣根也被用作為咖啡的替代品。在閱讀標籤時要注意食品內有沒有被添加那些成分。被宣傳含有益生元的產品通常也含有菊粉。
Added inulin or chicory root: These ingredients may be added to some packaged foods such as pasta, bread or yogurt to increase their fibre content. Chicory root is also used as a coffee substitute. Read labels to note if these have been added into your foods. Products which advertise that they contain prebiotics often contain inulin.

其它可幫助減輕胃氣和脹滿的建議：

Other tips to help lessen gas:

- 記下你幾天內所有的飲食在日記裏
- **Keep a journal of everything you eat for a few days**
 - 寫下你吃什麼和當你感到脹滿或有胃氣
Write down what you eat and when you have gas
 - 記下你認為可能會使你的胃氣增加的食物，並停止吃它們
Note foods you think may be making your gas worse and stop eating them
 - 重新一個一個的嘗試那些“嫌疑”的食品，然後注意你的胃氣有沒有惡化
Reintroduce these ‘suspect’ foods back into your diet one at a time and monitor if your gas worsens
 - 逐漸地增加這些食物的份量至你可容忍的程度
Gradually increase your portions as tolerated
- 飯後需要行走一小段的路程
Take a short walk after meals
- 穿著寬鬆的衣服
Wear loose clothing
- 姜母花茶或加了茴香或薄荷的花草茶可能會有所幫助
Herbal teas with ginger, fennel or peppermint might be helpful
- 確保你不是便秘，因為這可以使你排不出胃氣而導致腹脹和不適
Make sure you are not constipated, which can make it difficult to pass gas, and cause bloating and discomfort
- 有幾種可能有助於減少胃氣的藥物是不需要醫生開處方的。請詢問藥劑師的意見
There are several over the counter medications that may be helpful to reduce gas.
Ask a pharmacist for advice

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