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**Gas, Bloating, Food Choices,
and Eating Behaviors**



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How do eating behaviors and habits cause gas?

Anything that causes us to swallow air, such as eating behaviors, chewing gum, gulping down foods fast, and drinking while eating can cause you to swallow air.



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What behaviors lead to gas?

- Chewing gum
- Talking while eating
- Smoking
- Chewing tobacco
- Drinking with a straw

What is bloating?

Bloating is a physical "sensation" that makes the abdomen "feel" larger than normal.

Intestinal gas may cause a feeling of bloating.

Only once the volume increases by one quart will the abdomen get bigger. The feeling of being "bloated" may occur, even if the abdomen is not distended.

Should I be concerned if I have gas and bloating?

Usually no. However, always seek medical attention when there is an increased frequency or severity of the symptoms, especially if there is any weight loss, diarrhea, rectal bleeding, anemia, vomiting, difficulty swallowing, or heartburn.



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