



Diet Considerations for Pelvic Radiation

Patients receiving radiation to their pelvis should be aware of their diet during treatment to avoid unnecessary side effects associated with excessive gas or abdominal distention. Please refer to this list to help guide your decisions during treatment, and always discuss with your doctor any special circumstances related to your diet or specific type of treatment.

Gas Producing Foods

Foods which cause a normal amount of gas (allowed):

- 1 Meat, Fowl, Fish
- 2 Vegetables: Lettuce, Peppers, Avocado, Tomato, Asparagus, Zucchini, Okra, Olives
- 3 Fruits: Cantaloupe, Grapes, Berries
- 4 Carbohydrates: White Rice, Chips, Popcorn, Graham Crackers
- 5 All nuts
- 6 Eggs, Jello, Fruit Ice

Foods which cause a moderate amount of gas (may need to avoid):

- 1 Potatoes
- 2 Eggplant
- 3 Citrus Fruits, Apples
- 4 Carbohydrates: Pastries, Bread

Major gas producers (avoid):

- 1 Vegetables: Onions, Celery, Carrots, Brussels Sprouts, Cucumber, Cabbage, Cauliflower,
- 2 Beans and Radishes
- 3 Fruit: Raisins, Bananas, Apricots, Prunes, dried fruit
- 4 Carbohydrates: Bagels, Wheat Germ, Pretzels
- 5 Peas
- 6 Green Salads
- 7 Bran cereal/foods high in bran
- 8 Brown rice
- 9 Leeks, parsnips

Everybody tolerates foods differently. Some foods that are major gas producers for some people may cause normal gas for others. This list should be used as a guide to help determine the best gas reducing diet for you specifically.

Be aware that the foods high in fiber are usually major gas producers. These high fiber foods are important for normal bowel function so they should not be eliminated totally

Food that may cause Gas:

Apples (raw)

Corn

Apple Juice

Cucumbers

Asparagus

Eggs

Avocado

Fatty Foods

Beans (dried)

Fish

Beer

Fried Foods

Broccoli

Kohlrabi

Brussels sprouts

Leeks

Cabbage

Lentils

Cauliflower

Melons

Cheese(s)

Milk

Collards

Mushrooms

Mustard

Nuts

Onions

Pastries

Peas

dried Pickles

Radishes

Rutabaga

Sauerkraut

Spicy Foods