

How to make beans less gassy

Beans are full of protein, complex carbs, and other essential nutrients that make them a powerhouse food, and they're inexpensive too!

But the trouble with beans is that they can cause gas (they are the musical fruit after all!). To the point of being painful for some people who are new to beans. I want you to have some tips to offset that gas, so you can eat beans and get the nutrients you need without adverse effects. Or maybe pass them on if you know someone who's struggling with gassiness when they go vegan.

TIPS THAT SHOULD HELP REDUCE GAS:

- Buy salt-free. Buy canned beans that do not have salt listed in the ingredients, because that keeps beans from cooking fully. You could also cook beans yourself, with no salt. Season beans with salt AFTER cooking.
- Rinse. When you drain beans from the can or after cooking, rinse them thoroughly. You may notice the water makes bubbles—that's what you want to rinse away, so it doesn't make bubbles in your tummy.
- Chew fully. Your body starts to digest carbohydrates once you start chewing your food due to the enzymes in your saliva, and it's the complex carbohydrates in beans that give them their gas-producing potential. Make sure to chew thoroughly so that your stomach doesn't have to work as hard to break down carbs.
- Try different types and stick to small sizes. I do well with split red lentils, chick peas and edamame beans – but not so much with kidney beans. Try them all to see which are best for you. Generally smaller ones are safer. Half a cup at a time is plenty, and when you're just starting have them only once per day.
- Pair with green/non-starchy veg, like cucumber and tomato. Because beans are pretty complex and digest slowly, if you put too many other foods that digest slowly it gives them more time in your digestive tract to accumulate gas. This is why I usually put zucchini or some light vegetable in my hummus or bean dips, to lighten it up a bit.
- Swap for quinoa. Try having a quinoa dish instead of a bean dish every other day, to get the amino acids you need from an easier-to-digest food source.
- Get moving. Exercise helps move gas through your digestive tract— try going for a walk after dinner to clear the air.
- Boost your enzymes. Digestive enzyme supplements can really help while your body gets used to beans. Take them before a meal if you can, or after if you didn't anticipate issues.