



beano[®]



Problem Foods

As our name suggests, beano[®] is great for beans. But beans are only the beginning. beano[®] products can help prevent gas and its discomfort from many healthy foods, especially vegetables and whole grains. Learn which foods are problem foods and start eating better and leading a healthier lifestyle.

Using beano[®] also can help you to eat smart for life. The U.S. Dietary Guidelines food pyramid recommends eating several servings of the highly nutritious "problem foods" below every day. In fact, vegetables, grains and beans should be the foundation of your lifetime diet. Learn more about gas and beano[®].

Food Groups

Grains

Bagels
Barley
Breakfast cereals
Granola
Oat bran
Pasta
Rice bran
Rye
Sorghum grain
Wheat bran
Whole wheat flour
Whole grain breads

Vegetables

Beets
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Corn
Cucumbers
Leeks
Lettuce
Onions
Parsley
Peppers, sweet
Carrots

Beans

Black-eyed peas
Bog beans
Broad beans
Chickpeas
Lentils
Lima beans
Mung beans
Peanuts and peanut butter
Pinto beans
Red kidney beans
Seed flour (sesame, sunflower)
Soybeans and soy milk