Got Gas? How to Prevent

Beans may cause intestinal gas in most people, which is not a pleasant experience. Here are some tips to cut down on gas!

- Add beans to your diet slowly. Once you are eating beans on a regular basis, you have less of a problem with gas.
- Soak and cook beans using the "hot soak" method (see below). This method gets rid of many of the gas-producing substances in beans.
- Chew beans well and slowly to help digest them.
- Drink plenty of water and other fluids to help your system handle the extra fiber from the beans.

**Hot Soak Method**

1. In a large pot, heat 10 cups of water to boiling for each pound (2 cups) of beans. Add dry beans and boil 2-3 minutes.
2. Remove from heat, cover, and let stand 4 hours or overnight (no more than 16 hours). Do not removed lid while beans are soaking.
3. When beans are done soaking, drain off soak water. Rinse beans and pan with fresh water. Beans are ready to use!