Colic and Dietary Gas Triggers

Foods or Supplements for Colic? I'm Dr. Carol Keim. I am a board certified pediatrician. And with babies with colic, we usually don't recommend a lot of dietary changes.

But you might find that foods that tend to cause gas in adults can cause more gas to your babies, and there may be some sort of connection there between gassiness and colics.

So things like beans, cruciferous vegetables, broccoli, cauliflower, Brussels sprouts, onions, garlic, they can sometimes make gas a little bit worse.

But one thing that can actually help with colic is giving your baby probiotics.

Probiotics for Colicky Babies

So probiotic, uh, mom can take them by mouth or you can get baby ones that you give into your babies mouth that are like in a liquid form. Those have actually been shown in studies to help reduce symptoms of colics, so for colicky babies, go ahead and try some, some probiotcs.

I have a link that's in my link tree from my bio that, you get 10% off of supplements and they're from all really good brands. There's a lot of different brands on there.