How to improve bloating
10 global diet and lifestyle tips

- Limit difficult to digest carbohydrates like beans, pulses, broccoli, cabbage, cauliflower and Brussels sprouts
- Limit polyol*-containing foods (common polyols include maltitol, sorbitol, xylitol and isomalt)
- Avoid intake of caffeine-containing beverages and fizzy carbonated drinks
- Reduce intake of foods high in animal fat, greasy and fried foods
- Fiber should be gradually introduced in the diet, to allow the body to adjust
- Avoid overeating
- Consume fermented dairy products, containing probiotics with proven benefits on bloating
- Do not rush eating and chew food slowly and well
- Eat easily digestible carbohydrates such as: potatoes, rice, lettuce, bananas, grapes and yoghurt
- Maintain a healthy body mass index: aim to achieve your ideal body weight

*Polyols are used as replacements for sugar as sweeteners in chewing gum, candy, ice cream, frozen desserts, baked goods, chocolate, fruit spreads, toothpaste, mouthwash, breath mints, cough syrup and cough drops.

For more information and tips on your digestive wellbeing, please visit www.loveyourtummy.org