How to improve flatulence
10 global diet and lifestyle tips

- Limit fruit juice
- Avoid chewing gum
- Consume fermented dairy products, containing probiotics with proven benefits on digestive health
- Avoid intake of caffeine-containing beverages and fizzy carbonated drinks
- 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)
- Eat easily digestible carbohydrates such as: potatoes, rice, lettuce, bananas, grapes and yoghurt
- Eat smaller and more frequent meals without increasing overall calorie intake. Do not miss breakfast; do not eat large meals late at night
- Do not rush eating and chew food slowly and well
- Reduce intake of foods high in animal fat, greasy and fried foods

*Polyols are used as replacements for sugar as sweetners 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