What do your digestive symptoms feel like?

- Bloating: Feeling full of gas/wind
- Stabbing: A sharp intense feeling of pain
- Distension: An extension of your tummy
- Rumbling: A noisy, rumbling tummy that is so loud it can sometimes be heard by other people
- Burning: A feeling of acid rising up
- Knotted: Feeling like your tummy is gnarled, twisted or full of knots
- Cramping: A sensation that comes in waves. Makes you feel like curling up in a ball. Symptoms build up as the day progresses
- Wind: Your tummy feels full and you need to frequently pass wind/gas to relieve it which can often be foul smelling

When do your symptoms occur?  
What are the triggers?  
Does anything make you feel better?
How to improve digestive health
10 global diet and lifestyle tips

- Eat smaller and more frequent meals without increasing overall calorie intake. Don’t miss breakfast; do not eat large meals late at night.
- Select lean meats such as chicken, turkey, rabbit… or lean cuts of beef, pork, or lamb.
- Include foods rich in fiber, 5 portions of fruit and vegetables a day, including whole grains and legumes.
- Drink 2 litres of drinking water a day while decreasing intake of caffeinated, alcoholic and sugar rich beverages.
- Eat fish 3 to 5 times per week.
- Don’t rush eating and chew food slowly and well.
- Reduce intake of foods high in animal fat, greasy and fried foods.
- Practice a healthy lifestyle: exercise regularly and abstain from smoking.
- Consume fermented dairy products, containing probiotics with proven benefits on digestive health.
- Maintain a healthy body mass index: aim to achieve your ideal body weight.

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