

Got tummy troubles? Here's what to do.

If your gut is causing you grief, you should first speak to your doctor to rule out any medical issues. Once you've got the all clear, trial these simple nutrition strategies to help you feel more comfortable.

Issues with gas...

Farting

What is it?

Farting is the release of gas from the bowel – it is very normal. On average, people pass gas 15 times per day. Excess wind can be caused by many things, including swallowing too much air, eating too much fibre or having a food intolerance.

How to ease the pain

- Eat smaller amounts of well-rinsed, canned legumes like beans, chickpeas and lentils (*they are better tolerated than dry legumes*)
- Try eating smaller amounts of brassica veggies like cauliflower, cabbage and brussels sprouts (*Lightly cooked or raw brassica veggies are usually better tolerated than those well-cooked*)
- Cut back on fruits like apricots



Bloating

What is it?

Bloating is a feeling of your stomach being uncomfortably stretched. It can be caused by many different things, like constipation, food intolerances and Irritable Bowel Syndrome (IBS).

How to ease the pain

- Swap fizzy drinks for plain water. Add cucumber, herbs or fruit for flavour
- Eat slowly – chew thoroughly and put your cutlery down between each bite
- Don't talk while you're chewing (*to reduce the amount of air you swallow*)



Issues with bowel movements...

Constipation

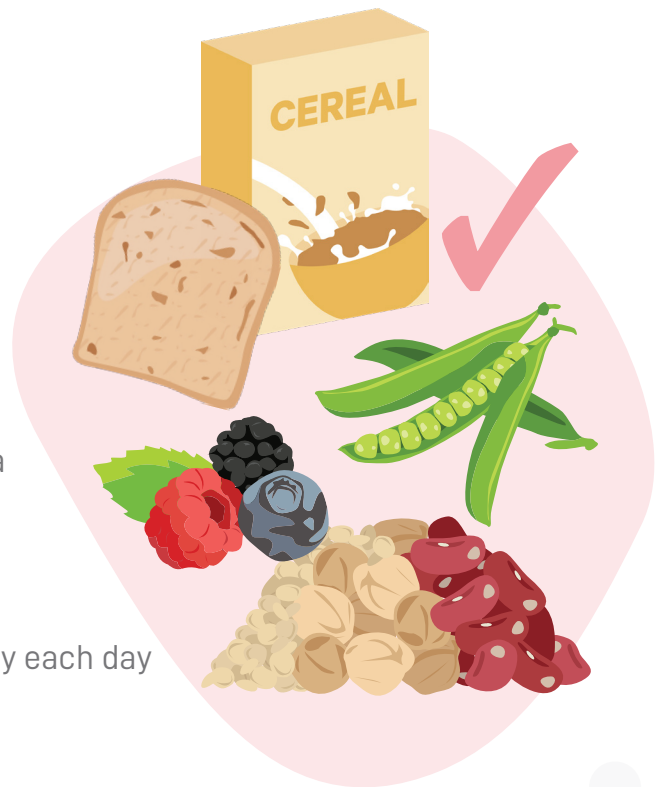
What is it?

If you struggle to open your bowels or your bowel movements are small, dry and hard-to-pass, you might be constipated.

How to ease the pain

Boost your fibre intake:

- Swap to whole grain bread, cereals, rice and pasta
- Include fruit or veg with every meal and snack
- Eat more beans, chickpeas and lentils
- Drink eight to ten glasses of water each day
- Get moving! Aim for 30 minutes of physical activity each day



Diarrhoea

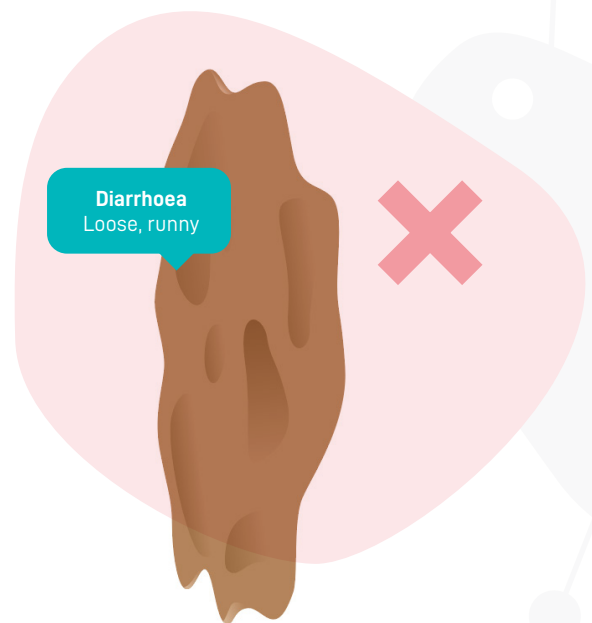
What is it?

Diarrhoea is the passing of loose, watery stools. Diarrhoea can be caused by many short- or long-term medical conditions. Nutrition-related factors that may cause diarrhoea are a change in diet, food intolerance or alcohol.

How to ease the pain

After a short period of diarrhoea:

- Cut back on fatty foods, like deep fried foods and pastries
- Eat more starchy food, like bread and potatoes
- Avoid alcohol



If simple tweaks don't improve your gut symptoms, see your doctor.