

City Genesis

Healthy Direction for Healthy Living

Daniel Fast: Foods that reduce bloating

Avocado: Haas avocados are high in fiber, water, and potassium. The latter two help your body maintain fluid, which keeps the digestive tract lubed up and moving. And fiber helps push the waste through, keeping you regular.

Ginger: Ginger is an ancient remedy for stomach problems because it soothes inflammation in the gut. The root was found to relieve gas, fight acid reflux, reduce intestinal cramping, and prevent indigestion and bloating.

Cucumber: Cucumbers are high in potassium, and potassium is an electrolyte that lessens the effects of sodium. Super salty foods increase bloating risk, so eating cucumbers after super salty foods may balance the scales.

Oats: Oats are a food that should alleviate bloating thanks to their stores of fiber which is an anti-inflammatory fiber that can give your puffiness a one-two punch.

Celery: Celery is ultra-high in water and can boost your hydration levels with a satisfying crunch rather than a slog through a bottle of H₂O. With this and its fiber content, it can decrease bloating by maintaining healthy digestive movement. Celery also contains antioxidants that may help combat gut inflammation.

Bananas: Bananas are a bloat-battling triple threat: They're high in the electrolyte potassium, which makes them hydrating and sodium-combatting. They're also a prebiotic, which provides food for your gut's healthy bacteria. Lastly, they're fibrous, which makes them great for digestion in general.

Mint: Mint is a known herbal remedy for digestive discomfort, and its soothing properties help reduce bloating. Peppermint oil is found to be effective in relieving symptoms of irritable bowel syndrome (IBS), including bloating.

Source: <https://www.prevention.com/health/g43739176/foods-to-help-ease-bloating/>

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Fennel: Fennel and its many forms (root veggie, leafy topping, crunchy seeds) have all been found to aid digestive health in some way. The seeds are a mainstay in herbal medicine to treat bloating and menstrual cramps, and the veggie itself is full of gut-loving fiber and water.

Apple cider vinegar: Apple cider vinegar contains probiotics that may “stimulate digestion and promote the breakdown of food.” You can use it in a homemade salad dressing or mix a tablespoon or two into a glass of water.

Grapefruit: Grapefruit contains enzymes that can aid in digestion and reduce inflammation in the gut. Grapefruit seed extract has antimicrobial properties that can help to eliminate harmful bacteria in the gut that may contribute to bloating.

Turmeric: This root contains an active compound called curcumin which has anti-inflammatory properties and may help reduce inflammation in the gut, therefore reducing bloating.

Quinoa: Quinoa is a gluten-free grain that can satisfy your carb craving without wreaking havoc on your stomach. It also contains antioxidants that could be anti-inflammatory to the gut.

Pineapple: Pineapple is mostly water, which is why it’s so refreshing on a hot day, and why it can combat bloat. Additionally, pineapples contain a natural digestive enzyme called bromelain, which aids in the breakdown of food in the GI tract.

Lemon: Lemon is alkalizing, meaning it can help balance your body’s pH, stimulate digestive enzymes, and improve digestion. Lemon juice is also found to speed up gastric emptying when compared to tea and water.

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