

Bloating and Bloating

Many individuals report experiencing bloating. Bloating can result from constipation, gas, trigger foods, or even some digestive illnesses. Some bloating may be normal, however if you are finding your bloating bothersome, here are a few tips to try.

1. Manage your constipation. Take a look at our Dietitian Tip Tuesday from October 13th for some tips to manage constipation.
2. Chew your food well and avoid talking while eating. When we talk while eating or do not chew food well, we tend to swallow more air.
3. Choose not to chew gum. This can lead to swallowing more air.
4. Choose non-carbonated beverages, again, to limit the amount of gas in the digestive system.
5. Avoid wearing tight fitting clothing, especially around your midsection. This can inhibit movement of gas.
6. Spread fibre intake throughout the day. Fibre is fermented in the gut which creates gas. More fibre in one sitting could increase gas and bloating.
7. Chat with your doctor about a referral to a GP PCN dietitian to help you identify potential trigger foods and still eat a balanced diet.

You can find more information on nutrition and healthy eating at www.grandeprairiepcn.com/resources/dietitiantip