

BEAT THE BLOAT

If it's not a food intolerance and you're avoiding things that cause gas (onions, cabbage, fizzy drinks and sugar-free chewing gum), why are you bloating? We asked nutritionist, [Sophie Thurner](http://sophiethurnernutrition.com) (sophiethurnernutrition.com).

BREATHE BEFORE YOU EAT

Often bloating is caused by stress. Taking a few deep breaths before a meal stimulates the parasympathetic nervous system, putting your body into rest and digest mode.

EAT SLOWER AND CHEW WELL

This reduces the amount of air you swallow with your food, which is one of the major causes of bloating. It also breaks down food into smaller particles, which allows for more surface area for enzymes and other digestive juices to work on.

AVOID TOO MUCH FAT

Extremely fatty foods can trigger a feeling of bloating as they slow down gastric emptying.

