



GAS REDUCTION ON A PLANT-BASED DIET

5 TIPS TO REDUCE GAS & BLOATING



START SIMPLE

Starting the day with light meals like fruit & yogurt, oatmeal, cereal or other grain-based porridges makes for easier digestion. Eating gentle meals like these first thing can soothe the GI tract, as they take less energy to breakdown compared to richer, more complex meals. Chewing well, eating at a slow to moderate pace & making time for stress-reducing practices have all been shown to reduce gassiness as well.

PROBIOTICS & ENZYMES

The high fiber content of plant-based diets helps prevent chronic disease, manage blood sugar levels & aid in weight management, but may also lead to gas & bloating as the body adjusts. Probiotics & digestive enzymes may reduce gas or bloating by promoting a balanced, diverse gut microbiome & aiding in quicker digestion of foods. Herbal teas such as peppermint, ginger & fennel can provide digestive relief as well.



CHOOSE WHOLE FOODS

Heavily processed foods can cause digestive distress due to excessive amounts of sugar, fat, salt, or artificial sweeteners. Opt for whole foods whenever possible & avoid common triggers like dairy, sugarless gum, coffee/caffeine, alcohol, fast foods & spicy condiments.



STEAM & SOAK

Whole foods like broccoli, cabbage, & beans are incredibly nutritious but complex to digest. To avoid digestive distress, steam vegetables well & soak beans/legumes prior to rinsing well & cooking until soft. Smaller legumes, such as lentils or tofu, cause less gas than larger ones. And eating smaller portions of beans & legumes or choosing lower-fiber fruits, vegetables & grains may be beneficial while the body adjusts to a higher fiber intake overtime.

MINIMIZE THE GREASE

Healthy fats are essential for fat-soluble vitamin absorption & satiety - but extremely rich, greasy or oily foods take longer to digest, resulting in bloating & discomfort. Minimize greasy food intake & most importantly keep in mind gas & bloating, while embarrassing & uncomfortable, are completely normal. Hydrate, stretch out & remember these feelings are only temporary.

