

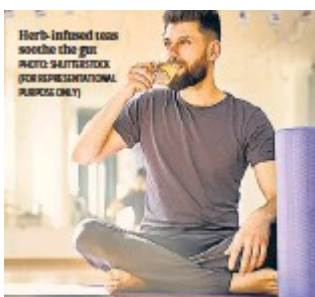
- Health / Medical awareness

Nutritionist-approved simple ways to keep bloating at bay

Here's how to look after your gut health and give a boost to your overall well-being

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Ever felt uncomfortable after a meal? Well, if this discomfort is a regular feature of your life, you've got to know the cause behind it. The reason could be that what you ate was not right, or that your digestive system isn't in the best shape, but it could also be a combination of the two.



TROUBLED DIGESTIVE HEALTH

The symptoms associated with poor digestive health include acidity, reflux, bloating, stomach pain, infections and in some cases, migraines, as a result of continued gastrointestinal distress. Ensuring that the contents on your plate give you optimum nutrition from the highest quality ingredients is imperative, and that in turn will ensure a happy gut. Consume a diet that is biologically more suited to the body rather than one based on current trends. Here's what to keep in mind to promote gut health.

KEEP IT SIMPLE

Cut out processed foods such as bread and sugar. Replace them with whole grains, millets, cereals such as ragi, jowar, emmer wheat and oats. Instead of consuming genetically modified foods like soy and its derivatives, have protein-rich foods like peas, broccoli and mushrooms. The soluble and insoluble fibres will help improve the gut microbiome which will promote gut health. Adding garlic and asafoetida (hing) to your daily pulses and legumes will keep bloating and flatulence in check.

The consumption of animal-based protein causes inflammation and bloating. Eliminate or reduce the consumption of milk-based foods and meats to ensure that your gastrointestinal tract stays healthy and clean. Instead, consume alternates like almond milk and nuts. Having herbal tea with some ginger, ajwain, turmeric and black pepper will help reduce the bloating. These condiments and spices are easily available in every Indian kitchen. We don't need to purchase exotic ingredients to get our daily nutrients. Accomplishing just this much will ensure a happy gut!