-Digestion / Holidays

Enjoy the feast, skip the bloating

Here are some tips on how to avoid that overly full, sluggish feeling after too much holiday feasting.

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THE mix of rich food, extra stress and endless holiday gatherings can do a number on the digestive system.



Between charcuterie boards, champagne toasts and once-ayear desserts, it's no wonder bloating is one of the most common holiday complaints.

And nothing kills holiday cheer faster than feeling uncomfortably full and sluggish.

The good news is that bloating can be kept under control without missing out on all those festive holiday foods.

The key is a little strategy and making some simple, sciencebacked tweaks.

Here are smart ways to maintain a happy gut and avoid that dreaded holiday bloat this year: >

Front-load each day with protein and fibre

Starting with a high-protein, high-fibre breakfast steadies blood sugar and curbs cravings later.

It also helps boost satiety, making it easier to pass up office goodies or that second slice of pie.

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Oversized holiday meals take much longer to digest, potentially leading to bloating.

Instead of piling a plate sky high, savour smaller servings and save some favourites for the next day.

> Slow down at the table

Taking at least 30 minutes to finish a meal helps prevent excess air from sneaking into your stomach.

Chewing gum, sipping from straws or rushing through a plate can all increase swallowed air

Watch portion sizes

and the bloating that comes with it.

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Fibre helps move food through the digestive system at the right pace to keep things regular.

Holiday foods that are also good sources of dietary fibre
Boost dietary fibre intake
include apples, pears, cranberries, sweet potatoes, brussels sprouts, wild rice, carrots, walnuts and pecans.
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Give the body's digestive enzymes extra support
Digestive enzymes are the behind-the-scenes heroes that help break down food into nutrients the body can actually use.
But if the body's digestive enzymes are overwhelmed by a large holiday meal, undigested food may just sit in the gut.
That food becomes fuel for gas-producing bacteria, leading to bloating, pressure and discomfort.
Take some probiotics, which are good gut bacteria, that will help keep your gastrointestinal tract healthy, and thus, support
your body's digestive enzymes. > Balance the bubbly
Champagne and other carbonated drinks add gas to the gastrointestinal tract, which may intensify bloating.
Balance a holiday toast with water.
Hydration supports digestion. Bonus: Water also helps offset salt- and carb-heavy meals.
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A short walk after meals helps the body digest food more efficiently, while also helping to reduce bloating and lower stress.
Evening strolls can also support better sleep and help prevent holiday weight creep.
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Walk it off Post-holiday TLC can help restore gut balance
Strict liquid diets aren't always necessary for a great detox.
Just lean in more on the fruits and vegetables in your postholiday diet.
Some gentle plant-based ingredients help flush toxins, promote regularity, and support metabolism (energy) and weight management.
Many people experience that "never eating again" moment after a big holiday meal.
But every plate is a fresh start. With a few mindful swaps and digestive-friendly habits, it is possible to enjoy the season's flavours without the discomfort.