

# Belly Bloat Quiz

A

B

**1) Do you tend to eat too quickly?**

If YES add a point to column A for every speedy meal you have per day)

If NO place a 1 in column B

**2) Do you suspect you are lactose intolerant?**

If YES put 1 in column A, if no put a 1 in column B

**3) Do you add table salt to your food?**

If YES add a point for every meal you add salt to in column A

If NO place a 1 in column B

**4) Do you regularly binge on carbs? (Do you eat more than a normal amount**

**of carbs at least once a week?)**

If YES add a a point for every time you did this in the last week to column A

If NO place a 1 in column B

**5) Do you eat any of the following foods:**

Beans, lentils, cauliflower, broccoli, Brussels sprouts, Nuts, cabbage, onions  
Chillies, Citrus fruits

Add a point to column A for every time you ate one of these foods this week

If you don't eat any of these foods at least once a week add a 1 to column B

**6) Do you chew gum?**

If YES add a point to column A for every time you chewed gum in the last week

If NO place a 1 in column B

**7) Do you use sugar substitutes? (eg saccharin)**

If YES add appoint to column A for every time you use it in a week

If NO place a 1 in column B

**8) Do you eat sugar free lollies or chocolate?**

If YES add a point to column A for every time you eat a sugar free lolly

If NO place a 1 in column B

**9) Do you suffer from sleep apnoea?**

If YES add a point to column A

If NO add a point to column B

**10) Do you eat fried foods?**

If YES add a point to column A for every serve of fried food you eat per week

If NO add a point to column B

**11) Do you drink carbonated beverages? (eg soft drink, beer, mineral water)**

if YES add a point to column A for every glass or can you have in a week

If NO add a point to column B

**12) Do you drink coffee, tea or orange juice most days?**

If YES add a point for every cup you have per week

If NO add a point to column B

**13) Would you rate your every day stress level as high**

If YES place a 1 in column A

If NO add a point to column B

**Totals**

Subtract total of column B from total column A to get your score

## Scoring

If your final score was over 10 points, you probably experience a bloated or puffy tummy most days. You are retaining water and air in your abdomen leading to this feeling, which could also be accompanied by pain and discomfort.

One way to immediate relief and a *flatter tummy* is to:

- 1) Don't add salt to your food and cut back on highly processed foods and things like MSG. These all make you retain fluid.
- 2) Avoid excess carbohydrates. – Sugar and foods that break down to simple sugars also attract water. Reducing carbs allows your body to access energy from fat stores.
- 3) Avoid bulky raw fruits and vegetables. Raw foods are harder to digest and take more time. Your good and bad gut bacteria feel on excess fibre in your bowel and release toxins that cause wind.
- 4) Give away the chewing gum. You swallow air when you chew gum. All that air gets trapped in your digestive tract, causing pressure and belly expansion.
- 5) Reduce carbonated drinks. This is about trapped air too.
- 6) Sugar alcohols are bad news. Artificial sweeteners in diet foods and soft drinks can not be absorbed so sit around in your digestive system causing distension and gas, and too much can have a laxative affect.
- 7) Eat less fried foods. Fatty foods are digested more slowly, and can make you feel overfull and bloated
- 8) Reduce spicy foods. Are known to cause irritation in the digestive tract for some people
- 9) Reduce caffeine and acidic fruit juices (orange and tomato). Cause irritation which leads to swelling.
- 10) Eat slowly and chew your food properly. Good digestion starts in the mouth, and makes life easier on your digestive system. Eating and swallowing too quickly adds unnecessary air to your system.

