

BLOATING & DISTENSION

WHAT IS BLOATING + DISTENSION?

Bloating is the feeling that your abdomen is inflated, and may occur with or without distension, which is a visible increase in the size of your abdomen.

There are many possible causes of bloating and distension, like:

Build up of gas in the intestine, which can be related to eating certain foods or an imbalance of microorganisms in the large intestine

- Constipation
- Food intolerance, such as lactose maldigestion
- Impaired ability of the intestines to move gas
- Overgrowth of bacteria in your small intestine (Small Intestine Bacterial Overgrowth = SIBO)
- Gastrointestinal disorders such as irritable bowel syndrome, inflammatory bowel disease, functional dyspepsia, and celiac disease
- Stress

DID YOU KNOW?

- It is estimated that 1 in 3 people experience bloating
- Approximately half of those who experience bloating report that it interferes with their daily

HOW CAN NUTRITION HELP BLOATING AND DISTENSION?

There are certain types of foods that can trigger or worsen symptoms. As there is no specific “bloating and distension diet”, creating a plan that is individualized, and based on your food choices and diagnoses is key.

SYMPTOMS

Bloating and distension are uncomfortable and can impact your quality of life. The extent of discomfort can range from an annoyance, to being painful and interfering with your ability to do activities, including daily necessities like work and making food.

TO START REDUCING YOUR BLOATING AND DISTENSION SYMPTOMS TODAY:

- Talk to your doctor: there are many possible causes for bloating and distension. It is important to get the right diagnosis to successfully manage your symptoms.
- Eat mindfully: Slow down, do not talk while chewing, chew foods well, and put your fork down between bites. This can help you relax while eating and decrease the amount of air you swallow. Turning off technology and mindfully eating can reduce symptoms. Try unplugging while eating.
- Get regular: managing constipation (if you experience it) can help decrease symptoms.
- Lifestyle adjustments: manage stress, increase your physical activity (including walking, taking stairs, parking further away), and stay hydrated with water!
- Meal spacing: A lot of nutrition at once can overwhelm your digestive system. Eat smaller more frequent meals, rather than large portions.

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Do the brief Nutrition Check-in exercise below.

This is meant to get you started in the right direction – but isn't an all-inclusive list.

Foods that can cause bloating + distension	I eat these specific foods...	X times per week	Select 3 foods to reduce	...to X times per week
<p>High fat foods</p> <p>(fried foods, oily foods, high-fat whole foods)</p>				
<p>Gas producing foods</p> <p>(cauliflower, mushrooms, broccoli, cucumber, brussel sprouts, celery, cabbage, radishes, onions, garlic, beans, lentils)</p> <p><small>*these foods are important for gut health, be sure to include them in small amounts - and if you do cut back, make sure you replace with other vegetables</small></p>				
<p>Gum, Mints, Carbonated and High sugar beverages</p>				

I will reduce these negative eating behaviours from _____ X per week to _____ X per week

- Eating in front of technology or distracted
- Skipping meals
- Eating past the point of full or satisfied

NEED MORE HELP? SEE A DIETITIAN FOR INDIVIDUALIZED CARE.

Bloating and distension symptoms can vary, and management of lifestyle and nutrition can be complex. Often times individual triggers can have a big impact on your symptoms. The low FODMAP diet in certain diagnoses, like IBS, functional dyspepsia, and IBD may also reduce symptoms. It is recommended you do not start the low FODMAP diet without supervision from a doctor or dietitian.

At Ignite Nutrition, our team of registered dietitians are trained in medical nutrition therapy and specialize in gut and digestive health. Seeing a dietitian can help you come up with a specific and individualized plan to best manage YOUR symptoms.

To get the nutrition and lifestyle support you need, visit www.ignitenutrition.ca or call 403-808-2348 to book your appointment today.