



Indian Foods to Reduce & Avoid Bloating



Indian Foods to Reduce Bloating:



Hydrating Foods

- Cucumber Raita: Combines cooling cucumber with probiotic-rich yogurt.
- Lauki (Bottle Gourd): High in water content, aids digestion.

Herbal Teas

- Ajwain (Carom Seed) Water: Relieves gas and promotes digestion.
- Saunf (Fennel) Tea: Eases bloating and relaxes digestive muscles.

Probiotic-Rich Foods

- Homemade Curd (Dahi): Aids digestion and reduces bloating.



Potassium-Rich Foods

- Banana: Helps regulate sodium levels and reduces bloating.
- Coconut Water: A natural electrolyte to combat water retention.

Lemon-Based Foods

- Lukewarm Lemon Water: A natural remedy to reduce bloating and promote digestion.
- Lemon-Cucumber Detox Water: Hydrating and effective for reducing gas.

Papaya (Papita)

- Contains enzymes that aid digestion and reduce bloating.

Light, Fiber-Rich Foods

- Curd Rice: A cooling and probiotic-rich dish that soothes the stomach.
- Steamed Idli: Light and fermented, promotes gut health.

Hing Water

- Mix a pinch of hing (asafoetida) in lukewarm water and drink to reduce gas and bloating.

Indian Foods to Avoid During Bloating:



Deep-Fried Foods

- Pakoras, Samosas, Pooris: Hard to digest and can cause bloating.

Spicy Foods

- Chole, Rajma, Spicy Curries: May irritate the stomach and increase gas.

Carbonated Drinks

- Avoid sodas and sweetened beverages like colas.

Cruciferous Vegetables

- Cauliflower (Gobi), Cabbage (Patta Gobi): Can cause gas and bloating.

Pulses and Legumes (if improperly cooked)

- Rajma (Kidney Beans), Chana (Chickpeas): Soak and cook thoroughly to reduce gas.

Indian Foods to Avoid During Bloating:

All Dairy Except Dahi

- Milk, cheese, butter, and other dairy products can cause bloating, especially if lactose intolerant.

Caffeine

- Milk tea and coffee can irritate the stomach and lead to bloating.

Alcohol

- Can irritate the stomach lining and cause fluid retention.

Additional Tips:

- Drink plenty of water throughout the day to stay hydrated.
- Eat slowly and chew your food thoroughly to aid digestion.
- Avoid lying down immediately after eating; wait at least 2-3 hours.

Disclaimer:

If bloating persists for more than 2 days or is accompanied by severe discomfort, please consult a doctor immediately. Persistent bloating may be a symptom of an underlying health issue.



NEW YEAR *Safe*

LAST WEEK 

GET UP TO

50% OFF

ON FITELO'S WEIGHT LOSS PLANS

DOWNLOAD THE APP NOW

