

Top 5 Foods and Habits which Cause Bloating

Bloating is a condition when you feel that your stomach is swollen instantly after eating the food. Your belly becomes enlarged mainly due to gas and it is one of the most common issues among people of every age. According to an estimate about 30% of people experience regular bloating. I often experience bloating after eating banana or okra. My little sister also feels swollen belly after eating watermelon. Although bloating can be a symptom of serious problem but it is mainly caused by foods that produce gas. Sometimes people also get headache due to gas. If I share with you my personal experience then honestly I get headache when I eat fried foods or heavy meals and headache is caused due to gases in my body. As soon as I improve my lifestyle and eat healthy foods then I get relief from headaches. Anyway let's come to the main topic bloating that is also caused due to overeating. Do you want to know what foods cause bloating? Of course, many of you want to know about this.

Top 5 Foods that Cause Bloating:

1. Beans and Lentils:

Beans and Lentils contain high quantity of proteins and carbs. Moreover, they are rich source of fiber and minerals. As they contain high fiber content so they can cause bloating especially to those who are not used to eat high fiber. Beans contain oligosaccharides (indigestible sugars) which cause gas and bloating. People who suffer from the problem of irritable bowel syndrome also complain bloating and cramping after eating beans. Therefore, it is better to soak beans and change water many times. Light colored lentils contain less fiber as compared to the dark ones. Beans and Lentils both belong to the family of legumes.

2. Cabbage, Broccoli, Cauliflower and Kale:

These vegetables are also known as cruciferous vegetables as they are rich source of fiber and vitamin C. They make you gassy and also cause bloating; it is because of their fructose and ruffinose content. We humans cannot digest these complex sugars due to the absence of enzymes which digest them. As a result, when these vegetables reach small intestine, they are fermented by bacteria as a result gases are produced in our body.

3. Onions:

You must have noticed that onions make your belly to swell as a result of excessive gas. Onions also contain complex sugars and they cause gas, bloating and cramps as well. Onion is the widely used vegetable in many recipes and salads because of their powerful taste. Those who suffer from the issue of bloating should consume onions in cooked form.

4. Dairy Products:

Have you ever noticed that you feel full by eating boiled eggs? Yes, it has happened to me many times and I cannot eat boiled eggs. I remember one of my close friend complain that she can't consume milk

because after having milk, she suffer from swollen belly as a result of excessive gases. Although dairy products don't cause bloating to everyone but those having lactose sensitivity will suffer from gases after eating dairy products like eggs, milk, yogurt or cheese. Those who are lactose intolerant can consume lactose free milk or soya milk or coconut milk. A healthy alternative of milk is yogurt. As according to my personal experience when you add mint paste into yogurt and add salt, then it is easily digested.

Carbonated Drinks:

Carbonated drinks also cause bloating because they contain large quantity of gas. When you consume these drinks in large quantity then the gas makes your body uncomfortable due to bloating and cramps. Apart from carbon dioxide, these carbonated drinks are high in sugar content that is harmful for our body. A healthy alternative to carbonated drinks is plain water and fruit juices.

Top 5 Bad Habits Which Cause Bloating:

Bloating becomes a serious problem when it interferes with your daily life. Do you know that some bad habits also cause bloating? Yes, here are top 5 bad habits that cause stomach bloating.

Eating Too Fast:

An important thing which comes first in eating is how you chew your food. You should notice people around you who are so much workaholic that they have less time for their meal and they swallow the food without realizing the fact that it can make them bloated. It is unhealthy eating habit and you must improve it by spending sometime in chewing your food properly so that it helps in better digestion. Eating too fast can be a cause of bloating.

Eating Food just before going to bed:

According to health experts, you need to consume your food at least 4 hours before going to bed. As dinner is last meal of the day so it should be light and easy to digest. But, you must have noticed that people eat heavy meals and party late night, which is a bad habit. These types of unhealthy food habits cause health problems such as bloating, gas and constipation. Keep in mind that you have to do good breakfast but light dinner.

Eating Too Much Processed Foods:

Do you know that processed foods contain excess of salts which in turn causes fluid retention? Processed foods contain extra sodium that acts as a main preservative. Increase salt levels in the body causes fluid retention. Apart from the processed foods, burgers, rice, pasta, pizza are also known to cause bloating as they are rich in carbohydrates.

Poor Sleeping Routine:

Those who are deprived of normal sleep cannot perform their daily life activities. When your body is in stress, then the level of cortisol (stress hormone) raises. Cortisol is the stress hormone which in turn raises the level of blood glucose level. When your body gets overloaded with sugar then it causes digestive problems such as poor absorption and poor digestion. When the excessive sugars enter in your intestine then it cause excessive gases and stomach bloating as well. So, you need to take good sleep and release stress from your life.

Lack of Exercise:

Exercise helps to solve various common problems including stomach bloating. When excessive gases get trap in your digestive system then lack of any kind of physical activity cause long term fullness and discomfort. Daily exercise routine trigger the movement of gases in your body and you get relief from the problem of stomach bloating.

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(This article is contributed by guest author Aaliyah. She likes to write articles on various health topics and loves nature. In her blog <http://lovingfruits.com>, she shares her ideas with everyone.)

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