

5 foods that make you feel fat



Think you're too bloated to squeeze into your skinny jeans? You're not alone.

A study by WebMD found that one in 10 Americans say they regularly suffer from bloating.

Dr. Robynne Chutkan, author of the new book "[The Bloat Cure](#)," offers four tips to keep your tummy flat.

Put down the coffee

"Caffeinated beverages, especially coffee, can overstimulate your digestive system and lead to bloat-causing spasms," Chutkan, a faculty member at Georgetown University Medical Center, writes.

Avoid canned food

While canned foods have a longer shelf life, they can also contain bisphenol A (BPA), a chemical that can disrupt your digestion.

Limit cruciferous vegetables

Greens like cabbage, broccoli and Brussels sprouts are rich in vitamins C, E and K, but scarfing down too much in one sitting could upset your tummy. They contain raffinose, a starch that ferments in your colon and produces bloat-causing methane gas. Chutkan suggests spreading out consumption of these veggies and adding lemon juice to stimulate stomach enzymes.

And watch your fiber intake

Fiber-packed foods like beans and kale are full of vitamins, but eating too much in one sitting can clog your digestive pipes, causing a backup and major bloat. Chutkan suggests splitting your fiber foods into smaller servings and drinking lots of water in between.

Don't eat soy

“Large amounts of processed unfermented soy [below] have estrogen-like effects, which contribute to bloating and weight gain,” Chutkan says.

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Photo: Alamy