

Q+A

WITH WH  
NUTRITION  
EXPERT  
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**I work in an office and on work days I suffer from post-lunch indigestion due to not being able to let out farts at work. What foods should I eat/avoid for breakfast and lunch to help?** SANDRA, BALCATTIA, WA

Legumes can increase the gas in your bowel by more than 10 times - so keep beans for weekends or dinner. Cauliflower, broccoli, cabbage, onions and artichokes can also cause gas, and large amounts of dairy can cause flatulence in some. Probiotics can help reduce gas, as can charcoal tablets (available in health food stores and chemists). Your body produces the least gas when digesting rice, compared to wheat, corn and potatoes, so a rice-based meal can also help.