

# Meal plan for bloating

## Breakfast

Probiotic mini-drink

Bowl of wholegrain cereal with semi-skimmed or soya milk.

Top with sliced fruit or dried fruit

Slice wholegrain or granary toast with jam / honey / marmalade

Drink

## Snack

Piece of fruit

Drink

## Lunch

Meat, fish, egg or vegetarian sandwich on granary bread

Piece of fruit

Probiotic yogurt

Drink

## Snack

Cereal bar

Drink

## Evening meal

Grilled pork chop with honey and mustard glaze

Mashed potato add a little wholegrain mustard if liked

2 servings of root vegetables

Drink

## Tips:

Avoid fizzy drinks – including sparkling water. Green leafy vegetables, onion, garlic, beans, lentils and other pulses are renowned gassy foods and best avoided.

## Your notes: