

# Identifying Bloating Triggers

Rate yourself out of 10 on the following practices. 1 being poor, 10 being very good.

Take my time to chew food

Fibre intake

Limiting intake of gut irritants

Water intake

Volume of food at meals

Stress levels

Exercise

Alcohol intake

Sleep

Intake of live cultures & probiotics

# Identifying Bloating Triggers

Answer the following questions around each main meal to help identify what could be causing or contributing to your bloating.



## Ask yourself:

Why am I eating this meal? ie. hunger, routine, rushing, time, boredom?

How do I feel before sitting down to this meal?

Is my body tense or mind stressed at this moment?

What am I doing while eating this meal?

What is on my plate?

How much is on my plate? - am I hungry enough to finish this?

When do I finish the meal? - when I am satisfied/ plate is empty/ feel full

What am I doing after finishing the meal?

How am I feeling in the 10 mins - hour after eating the meal?

How am I feeling 2-3 hours after eating the meal?