

Take the Fight out of Food!



Visit NutritionMonth2017.ca

Digestive Woes: Eek! What's causing all this gas?



Belinda

Meet Belinda. She is fighting with an embarrassing problem – excess gas. She burps a lot and often feels gassy and bloated. She wants to solve her problem, but is not sure where to start. After some online research and opinions from friends, she thinks a gluten-free diet may help, but isn't sure. She tries the three-step approach:

Spot the problem.

Belinda says: “Everything I eat seems to give me gas – my friend says to stop eating wheat and gluten. Will that help me?”

Get the facts.

After reading a medical website, Belinda learns that gas, bloating and burping may be caused by:

- Swallowed air
- Certain food or drinks
- Medicines
- Supplements

She is relieved to learn that gas, bloating and burping are all common and can be normal. She also notes that they can be the sign of a condition, such as lactose intolerance, irritable bowel syndrome or celiac disease. She is unsure of the reason for her symptoms, and reads that it's important not to self-diagnose.



Dietitian Pro Tip

Emily Mardell
RD

- Digestive woes are unique to the person who is having the issues. Self-diagnosing, without the care and support of a dietitian, can lead to unnecessary food and nutrient restriction. Don't miss out on amazing nutritious food if you don't have to!
- A dietitian helps guide your journey to better gut health. Our aim is to maximize variety, nutrition and the enjoyment of eating.

Find a dietitian in your area:
www.dietitians.ca/find

Try This!



Spiced Yogurt
Chicken Tikka



Lemon Almond
Sauteed Greens



No-Bake Coconut
& Banana Lentil
Energy Bites



Avocado, Roasted
Squash and Black
Bean Tacos

Find all 12 feature recipes at
www.NutritionMonth2017.ca



Track eating and activity on the go with **eaTracker**.
Get inspired with recipe ideas from **Cookspiration**.



Digestive Woes

Visit NutritionMonth2017.ca

Get the facts (cont'd).

She needs the help of her doctor or dietitian.

She wants to learn more about her friend's suggestion to give up gluten in case she has celiac disease, so she visits the Canadian Celiac Association website (www.celiac.ca). She learns that if she needs to be tested for celiac disease, she needs to be eating gluten (a protein found in wheat and other grains) before the test to get accurate results. If she took her friend's advice to remove gluten from her diet, she could get a "false negative" result.

She also learns that she should work with a dietitian before eliminating foods, since they can help her plan a balanced diet and ensure she meets nutrient needs. She also finds helpful advice by searching the term "gas" on these trusted websites:

- www.dietitians.ca
- www.healthlinkbc.ca
- www.eatrightontario.ca

Seek support.

Now Belinda knows not to self-diagnose or rely solely on advice from the internet or well-meaning friends. She will talk to her doctor about her symptoms. If necessary she will see a gastroenterologist (digestive health doctor). She is eager to see a dietitian to help figure out which foods may be causing her discomfort. She will find support from a dietitian at www.dietitians.ca/find.

If she is diagnosed with a digestive disorder, she learns that there are not-for-profit organizations, which offer support groups where clients can talk to others with the same condition (in meetings or online).

Take the Fight out of Food!

Eating should be joyful, not a source of everyday frustration and confusion. If you're fighting with food, try this three-step approach:

1. Spot the problem.

Define what's causing your fight with food first.

2. Get the facts.

Use facts from credible sources to decide what needs to be done to solve the problem.

3. Seek support.

Put the plan into action with support from a dietitian, family and friends.

Call **EatRight Ontario** for help with free guides to gas, bloating, diarrhea, constipation, heartburn and more. 1-877-510-5102

Find all 5 fact sheets at www.NutritionMonth2017.ca

Official Sponsors:



Fact Sheet Sponsors:



This fact sheet is distributed compliments of:

