

Healthy-Food Bloating Reset Checklist

Use this before cutting out more foods.

1. Check the meal pattern

- Did the meal include apples, pears, beans, onions, wheat, or several mixed plant foods?
- Was the portion larger than usual?
- Did I eat quickly or drink fizzy drinks with the meal?
- Did I snack again before symptoms from the first meal had settled?

2. Check the fiber pattern

- Did I recently increase bran, cereal fiber, salads, or other high-fiber foods quickly?
- Am I assuming "more fiber" is always better even though bloating got worse?
- Would a gentler, more soluble-fiber approach fit better right now?

3. Check the dairy pattern

- Does bloating reliably follow milk, yogurt, soft dairy, or dairy-heavy breakfasts?
- Do gas, diarrhea, or cramping show up with the bloating after dairy?
- Would a short lactose-focused test be more useful than cutting everything?

4. Check the constipation pattern

- Am I also feeling backed up, straining, or incompletely emptied?
- Does pressure improve after a better bowel movement?
- Am I over-blaming food when stool pattern may be part of the story?

5. Check the bigger context

- Were stress, rushed eating, or carbonated drinks part of the day?
- Are symptoms broad and inconsistent rather than tied to one clear food pattern?
- Have I already tightened my diet without getting clearer?

6. Escalation check

- Are symptoms persistent even after changing the obvious patterns?
- Do I have weight loss, blood in stool, severe pain, vomiting, or trouble passing gas?
- Is it time for a clinician or dietitian review instead of more self-restriction?

Best Next Step

Pick one main pattern to test first:

- FODMAP or serving-size pattern
- fiber-overload pattern
- dairy or lactose pattern
- constipation-led pattern
- gut-brain or swallowed-air pattern

Do not test all of them at once.