

**WHAT
TO EAT TO
MAKE YOUR
TUMMY
FLATTER**



Fennel

The crunchy veggie acts as a natural diuretic, helping your body get rid of the excess water that causes puffiness. If you're not a fan of the licorice-like taste, try celery—it gets the job done too.



Plain yogurt

Full-fat or non-fat, Greek or regular, any kind will do so long as it's rich in probiotics, which can improve digestion. Just look for *live and active cultures* on the container's label.



**Ginger or
peppermint**

Both are helpful in keeping gas at bay. Try hot or iced ginger or peppermint tea—just keep it unsweetened, to avoid unnecessary calories.



Pineapple

The tropical fruit is loaded with bromelain, an enzyme that promotes digestion and eases bloating. Toss it into a fruit salad with papaya, another de-puffer. —Marygrace Taylor