

Avoiding tummy troubles during this season of overeating

November 28 2012, by Carolyn Pennington

The holidays are cruel to our stomachs. Rich, fattening, sugar laden foods tempt us to overeat and we end up with bloated, upset stomachs.

Dr. Reena Chokshi, a [gastroenterologist](#) at the UConn Health Center, has some tips on how to break that holiday tradition and enjoy the festive fare without the tummy troubles.

6 Tips to Prevent Heartburn and Upset Stomach During the Holidays

- **Make trade-offs.** If what you really love is your mother's stuffing, go ahead and have a second helping. But decide not to have second helpings of the potatoes, and the pie.
- **Compensate.** If you know that you'll be eating a lot of [fatty food](#) at holiday parties this week, compensate by healthy eating at lunch. High-fiber vegetables and grains will help keep your [GI tract](#) on track.
- **Eat consciously.** You don't want to dip your hand absent-mindedly into every bowl of candy you come across.
- **Eat slowly.** It will help the stomach empty better and suppress the appetite. You won't want to overeat as much if you eat slowly.
- **Limit alcohol.** On its own, alcohol can irritate the GI tract and trigger heartburn. It also lowers your defenses, increasing the chances you'll make bad [food choices](#).
- **Move.** After the [pumpkin pie](#), don't stretch out on the couch.

You're bound to get heartburn and acid reflux if you do. Instead, go out for a short walk.

For most people, the occasional stomachache, a bout of diarrhea, or some holiday heartburn is nothing to worry about. However, if you're having ongoing symptoms, you need to see a doctor.

Provided by University of Connecticut

Citation: Avoiding tummy troubles during this season of overeating (2012, November 28)
retrieved 6 May 2024 from

<https://medicalxpress.com/news/2012-11-tummy-season-overeating.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--