

# Avoiding tummy troubles during this season of overeating

November 28 2012, by Carolyn Pennington

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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

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