

MANAGING TUMMY ISSUES DURING EXERCISE

A brief guide

This brief guide will simply provide you with an overview of how you can manage your tummy issues during exercise with simple dietary swaps & changes.

TIMING

Give main meals a minimum of 2-3 hours to digest before trying to exercise, this is the gastric emptying rate of a standard main dish.

FIBER

Ditch the fiber for about 4hrs pre training, practically speaking this would mean having a low fiber meal closer to training. Avoiding nuts, seeds & wholegrains would be a wise choice.

FAT

Aversion of high fat meals, not necessarily all fat strictly speaking. High fat meals can take up to 6hrs to empty from your stomach before you absorb anything at all! No deep fried foods, 4 egg omelettes or cheese pizzas!

FODMAPS

This part mostly applies to those with IBS, but generally avoiding high FODMAP triggers like garlic, onions, sugar free products & honey would be helpful. These examples are are common trigger foods which lead to heavy gut fermentation.

HYDRATION

Being well hydrated minimizes your risk of developing GID during exercise as it helps keep core temperature stable, minimizing blood supply losses to the gut.

GUT HEALTH

Getting in some high strength multi strain probiotics, getting a high fiber intake & getting some kefir, kombucha or kimchi can help with microbial diversity in your gut.

NEED HELP??

You can book a spot in my tummy clinic where we can help you put frameworks in place to prevent them from occurring again.

<https://evanlynchfitnut.com/the-tummy-clinic>