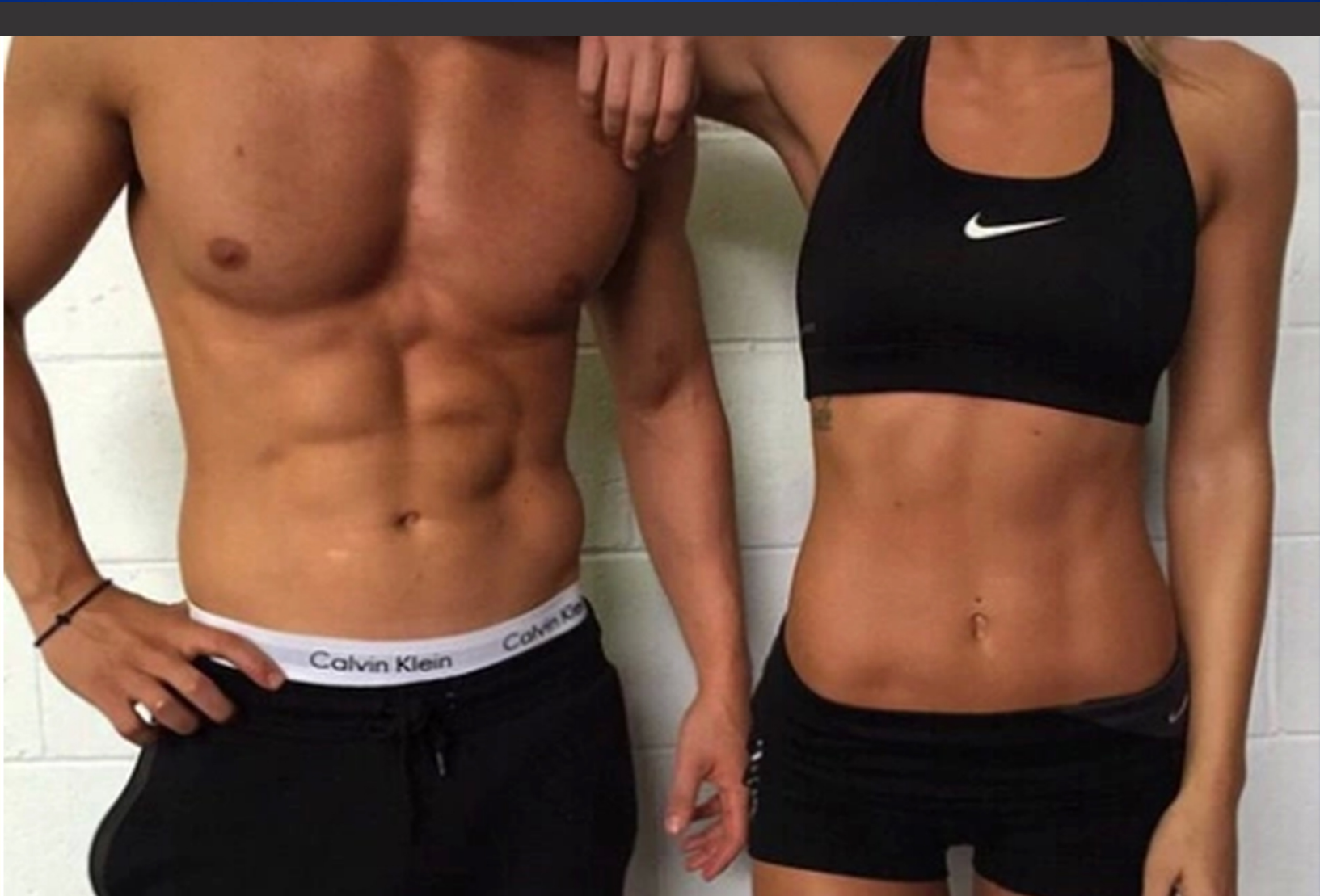


3 WORST BELLY BULGING VEGGIES



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3 Worst Belly Bulging Veggies

Not all veggies are created equal and to be perfectly honest...

Everyone's body responds differently to certain foods and vegetables...

I could eat a big bowl of broccoli and be perfectly fine, however one of my friends who's a Yoga instructor could eat the same thing and have extreme discomfort and belly bloating, making her feel absolutely miserable.

So the point here is to help inform you of the veggies that MAY be causing discomfort, inflammation, or even making your belly stick out farther than it should...

What I would recommend is removing these veggies from your diet for two weeks and see what kind of difference it makes.

1. Broccoli

According to *Health.com*, broccoli is one of the worst veggies when it comes to bloating and stomach discomfort.

You see, broccoli contains raffinose – a sugar that remains undigested until bacteria in your gut ferment it, which in turn produces gas and makes you feel bloated and disgusting.

Sure, it contains a ton of great health benefits, but if you feel miserable every time you eat it, then it's definitely NOT worth it.

Solution: Give up broccoli for two weeks and pay close attention to how your body feels. It could be the key to eliminating belly bloat and you'll notice and tighter and firmer stomach by simply giving up this veggie.

2. Peppers



Peppers contain the alkaloid solanine, which can disrupt nerve function and lead to digestive disorders, which ultimately effect the body's chemistry.

And they can also make swollen and sore joints WORSE, while being extremely taxing on the digestive system and your inner stomach lining.

Plus, they're chock full of dangerous pesticides that can be extremely damaging to your health if not cleaned properly or bought organic.

3. Onions

Onions are a bulb vegetable that is one of the main dietary sources of fructans.

Fructans are soluble fibers that can cause bloating and belly discomfort, even if you eat them cooked as a part of your main meal or side dish.

Also, some people are sensitive or intolerant to other compounds in onions, especially raw onions.

So if your belly feels bigger, more bloated, and all around uncomfortable after eating meals with onions, remove them for two weeks and see how your body responds.

You can also use fresh herbs and spices to flavor your meals instead of using onions.