

get
Bikini
ready

KEY INGREDIENTS FOR A HAPPY BELLY

- Wholegrains** – fab for digestion
- Healthy fats** – anti-inflammatory and stress relieving
- Anti-oxidants** – anti-inflammatory
- Probiotics** – promote healthy bacteria in the gut
- Potassium** – fights bloating
- Bromelain** – breaks down protein and can reduce bloating

Smoothie made with yogurt, milk and berries



FLAT-TUMMY Foods

Dark-chocolate-coated strawberries



Boost your beach body by packing a picnic of these belly-friendly treats!



Brown rice salmon nigiri

Apple with peanut butter



Avocado on wholegrain toast



DID YOU KNOW?

Too much chewie can upset your tummy! Sweeteners added to sugar-free gum can agitate a sensitive stomach, ruining your bikini-ready look. So chew on these foods instead!

Walnuts



Bananas



Green olives



TOP TIPS FOR AN AB-TASTIC SUMMER

1. Chew slowly. Your brain takes 20 minutes to register that you're full, and chewing carefully will make food easier to digest.
2. Cut back on salt. A little bit is healthy, but too much will make you retain fluid and look puffy.
3. Eat mindfully. Grazing while watching TV or sitting at your desk can result in overeating, so head outside or to a proper table for your meals.
4. Avoid fizzy drinks, which can bloat you.

Pineapple chunks



Celery

Photography: Robin Weir/Photo; Photo: Guy in Tights/Photo; \$3.99; \$4.99; \$5.99; \$6.99; \$7.99; \$8.99; \$9.99; \$10.99; \$11.99; \$12.99; \$13.99; \$14.99; \$15.99; \$16.99; \$17.99; \$18.99; \$19.99; \$20.99; \$21.99; \$22.99; \$23.99; \$24.99; \$25.99; \$26.99; \$27.99; \$28.99; \$29.99; \$30.99; \$31.99; \$32.99; \$33.99; \$34.99; \$35.99; \$36.99; \$37.99; \$38.99; \$39.99; \$40.99; \$41.99; \$42.99; \$43.99; \$44.99; \$45.99; \$46.99; \$47.99; \$48.99; \$49.99; \$50.99; \$51.99; \$52.99; \$53.99; \$54.99; \$55.99; \$56.99; \$57.99; \$58.99; \$59.99; \$60.99; \$61.99; \$62.99; \$63.99; \$64.99; \$65.99; \$66.99; \$67.99; \$68.99; \$69.99; \$70.99; \$71.99; \$72.99; \$73.99; \$74.99; \$75.99; \$76.99; \$77.99; \$78.99; \$79.99; \$80.99; \$81.99; \$82.99; \$83.99; \$84.99; \$85.99; \$86.99; \$87.99; \$88.99; \$89.99; \$90.99; \$91.99; \$92.99; \$93.99; \$94.99; \$95.99; \$96.99; \$97.99; \$98.99; \$99.99; \$100.99