

fitness

Lean Legs! Flat Abs! Firm Butt!

Mind, Body + Spirit

GET A BODY THAT'S...

**SLIM,
STRONG,
SEXY**

**Age-Proof
Your Skin in
60 Seconds**

Cut
500
Calories a Day
Without Ever
Missing 'Em

Drop Pounds, Blast
More Fat With This
Fast Shape-up Plan

**HOT
STUFF**

Best Gear for
Outdoor Fun

**Diet Rules You
Should Ditch**

(And the Happier,
Healthier Way to Eat)

Summer
Cookout
Recipes
Minus
the Guilt

**Totally
Confident**

Lose the Hang-ups and
Love Your Shape



harder for your stomach to break down than one with calcium citrate, such as Citracal, according to the National Institutes of Health. Either way, taking a supplement with an acidic drink, such as orange or grapefruit juice, will help you absorb calcium. Many women also experience bloating if they use an omega-3 supplement, Gazzaniga-Moloo says. "Put it in the refrigerator and have it cold; this seems to help reduce the burping and bloating that often come with taking such a supplement," she says.

Cut back on the sweet stuff. Fructose, the simple sugar found in syrup, honey

and soft drinks, may be the source of some of your tummy troubles: Three out of four people with unexplained GI symptoms, such as bloating, had fructose intolerance, according to a University of Iowa study. Like lactose intolerance, this condition can be diagnosed with a simple breath test. The good news: Being fructose intolerant doesn't mean you have to swear off this healthy, sweet diet staple. "Most people are fine with actual fruit, especially if they spread their servings throughout the day, but you may need to steer clear of processed foods or soft drinks made with high-fructose corn syrup, like

sweetened drinks or soft drinks," Dr. Saito says. Juice may also trigger a reaction since it's more concentrated.

Get checked for allergies. If your bloating is accompanied by nasal congestion, allergies may be the surprising reason. "When your nose is stuffed up, you end up primarily breathing through your mouth, which means you swallow a lot of air, which could cause bloating," Dr. Saito says.

Be takeout savvy. "Steamed veggie plates seem like a smart option if you're ordering Chinese food, but if you're prone to

bloating, you should realize that many of the vegetables, like bok choy, can produce tons of gas," says Jackie Keller, a celebrity nutritionist in Los Angeles.

Skip the salt. You've heard it before, and we'll say it again: Salt causes your body to retain fluid. That's good news if you're training for a marathon. Bad news if you're trying to squeeze into a new dress for your friend's wedding. The biggest culprit? "Sauces and salad dressings," Keller says, "especially at restaurants." To play it safe, order dressings and sauces on the side, or season lightly with olive oil and vinegar. ■

MORE THAN GREAT TASTE

MORE of what you want, less of what you don't.
Less than 1/3 the calories of milk*



Almondmilk **From the Almond People**

*1 cup milk contains 149 calories per serving vs. 1 cup Unsweetened Vanilla Almond Breeze® Almondmilk with 40 calories per serving. Milk data from USDA National Nutrient Database for Standard Reference 23 (2010).