

The following recipe is great snack alternative to ice cream to beat the heat this summer!

## Frozen Yogurt Cones



### Ingredients:

- Ice cream cones
- Frozen yogurt
- Fresh fruit
- Slivered almonds or granola (optional)

### Directions:

1. Scoop desired amount of frozen yogurt into ice cream cone. Top with your favorite fruit and additional toppings as desired. Enjoy!

Have you ever felt “bloating” before? Chances are, you probably have. According to a study published in *International Scholarly Research Notices: Gastroenterology*, 10 to 25 percent of healthy people frequently experience bloating. Bloating is often a symptom people may experience when they are constipated or gassy. Some feel bloated after they have eaten too much, and other experience bloating if they are retaining fluid or have gained weight. The causes of bloating can vary from person to person, but there are several strategies that can be applied for most people to help beat the bloat.

An important thing to keep in mind is your fiber intake. Too little fiber can cause constipation, but too much fiber can lead to digestive discomfort as well. If you want to increase your fiber intake, be sure to work fiber-rich fruits, vegetables, and whole grains slowly into your meals to avoid shocking your system. Also, be sure to drink plenty of water when increasing fiber in your diet. Men age 50 or younger should aim for 38 grams of fiber daily, and age 51 or older should have 30 grams of fiber daily. Women age 50 or younger should aim for 25 grams of fiber per day, and women 51 or older should have 21 grams of fiber daily in their diet.

You may want to also skip sugar-free sweeteners such as those in sugar-free candy or diet soft drinks. Sorbitol and mannitol, for example, are natural sugar-free sweeteners known to cause gastrointestinal problems in large amounts.

Limit ingesting air by avoiding carbonated beverages and chewing gum, which can increase gas in your system. Remember to also eat slowly.

How we can also make a difference. Gulping down food and guzzling down drinks can also lead us to swallowing air. Chew food more thoroughly to help avoid bloating. Eating smaller meals also helps. Eating large volumes of food can lead to the physical discomfort of having a full stomach.

Sometimes water retention can lead us to feel “puffy”. This temporary bloating can be minimized by limiting sodium intake. Avoid eating out, and limit processed foods in the diet, especially those high in sodium such as deli meats, canned foods, some cheeses, pickles, and many sauces and salad dressings. Also, it may not all be in your diet. There is evidence that physical activity such as walking or running may alleviate bloating. Also, keeping abdominal muscles strong with core-strengthening exercises may make a difference.

Another food that may also help with bloating is yogurt with probiotics. The container should have a seal saying *Live & Active Cultures*. Those good bacteria help regulate digestion and encourage overall health for your digestive tract.