

# 25

# FOODS

*to get rid of*

# BLOATING

# 25 Foods to Get Rid of Bloating

apple cider vinegar

banana

apricots

berries

arugula

celery

asparagus

chamomile

avocado

cranberries

cucumber

kimchi

peppermint

dandelion

kombucha

sauerkraut

ginger

lemon

watercress

grapefruit

mushrooms

watermelon

kefir

parsley

yarrow