



## Eating for a Healthier Tummy - A simple guide to help reduce abdominal fat and support liver and reflux health

### What is intuitive eating?

Intuitive eating is an approach that helps you reconnect with your body's natural signals. Instead of following strict diets or food rules, you learn to trust your hunger, fullness and how different foods make you feel.

### Key aspects of intuitive eating include:

- **Honouring your hunger:** Eating when your body signals that it needs fuel.
- **Respecting your fullness:** Stopping when you feel comfortably satisfied, not stuffed.
- **Choosing foods that feel good:** Picking foods that give you energy, help your body work well and keep you satisfied.
- **Letting go of strict rules:** Allowing all foods, so nothing feels off-limits or "bad."
- **Not using food for stress or boredom:** Finding other ways to cope when you're not physically hungry.
- **Being kind to yourself:** Accepting that eating doesn't have to be perfect.

### Why your tummy health matters

Carrying extra fat around your tummy can affect your liver and make reflux worse. The good news is that **small, steady changes** to how you eat and move can make a big difference.

This leaflet focuses on **intuitive eating**- listening to your body and tips for choosing foods that help you feel your best. It is **not** about strict diets or counting every calorie.

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### Everyday tips for eating well

1. **Make protein part of every meal**  
Protein keeps you fuller for longer and supports muscle health. Including protein in every meal helps steady your hunger and can reduce abdominal fat. **Good choices include:** yoghurt, eggs, beans, cheese, lentils, fish, chicken, tofu, nuts or seeds.
  2. **Start your day with breakfast**  
Your body needs fuel in the morning. A balanced breakfast can stop you from getting overly hungry later in the day.
  3. **Eat regular meals**  
Try not to skip meals or leave long gaps between them. Eating every **three to four hours** helps keep your energy steady, prevents sugar crashes and reduces overeating.
  4. **Fill half your plate with fruit and vegetables**  
Fruit and veg are high in fibre, low in fat and help you feel full and avoid constipation. Aim for **5 portions a day** -fresh, frozen and tinned (in water) all count.
  5. **Choose wholegrain, high-fibre foods**  
Wholegrain bread, oats, brown rice, wholewheat pasta, beans, peas and lentils help keep you full for longer and avoid constipation.
  6. **Drink plenty of water**  
Sometimes thirst feels like hunger. Try a glass of water before reaching for a snack.
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## Eating with your body in mind

### 7. Listen to your hunger

Eat when you are hungry and stop when you feel comfortably full. Avoid waiting until you are extremely hungry as this makes it harder to make helpful choices. Eating slowly helps your brain catch up.

### 8. Use smaller plates

Smaller plates can help you eat a comfortable portion without feeling restricted.

### 9. Do not ban your favourite foods

No food is “bad.” Allowing yourself the foods you enjoy helps reduce cravings and encourages balance.

### 10. Keep healthier snacks at home

Try fruit, oatcakes, popcorn (unsalted/unsweetened), yoghurt or crunchy veg like carrots or peppers.

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## Lifestyle steps for a healthier body

### 11. Move your body every day

You do not need a gym. Walking, dancing, cycling, gardening or playing a sport can all help burn energy and support liver and tummy health.

### 12. Drink less alcohol

Alcohol contains extra calories and makes your liver work harder. Cutting down supports better overall health including your liver, heart and mental health.

### 13. Plan ahead

Planning meals or making a shopping list can help you choose healthier options during busy weeks.

## Quick meal ideas

### Breakfast:

- Fruit with yoghurt and oats
- Wholegrain toast with peanut butter and a banana
- Scrambled eggs with wholemeal toast and tomatoes

### Lunch:

- Soup with wholemeal bread and cheese or houmous
- A wrap with chicken or beans and salad
- Pasta salad with vegetables and salmon

### Dinner:

- Stir-fried veg with chicken or tofu and wholewheat noodles
- Chilli with beans and brown rice
- Salmon, potatoes and green vegetables

### Snacks:

- Fruit, nuts, hummus with veg sticks, popcorn
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## Remember

You do not need a perfect diet. **Small, consistent changes** can help reduce tummy fat, support your liver and ease reflux.

Be kind to yourself and take things one step at a time.

If you need help or have questions, speak to your GP, nurse or dietitian.