

Take the Tummy Type Test Today

Discover your Tummy Type then try our
top tips to help improve your digestive wellbeing.



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Keeping an eye on your digestive health is not normally at the top of most people's priorities, and more often than not you could be suffering with a poor digestive system and not even realise. In fact 8 out of 10 people suffer some form of digestive discomfort which could be impacting your general health and wellbeing from your mood to how you sleep.

Digestive discomfort comes in various different forms from bloated tummies, sluggish constipated bowels, to the need to visit a toilet urgently and sometimes even a mixture. Take the test below to discover your Tummy Type then read our top tips to help improve your digestive wellbeing.

Please note this test does not replace a medical diagnosis so if you are concerned about your digestive health please see your healthcare professional for further advice.

A guide to digestive discomfort

Constipation

Constipation may involve infrequent, incomplete and/or difficultly passing stools. You may experience straining, hard stools, infrequent stools, or incomplete evacuation.

Flatulence

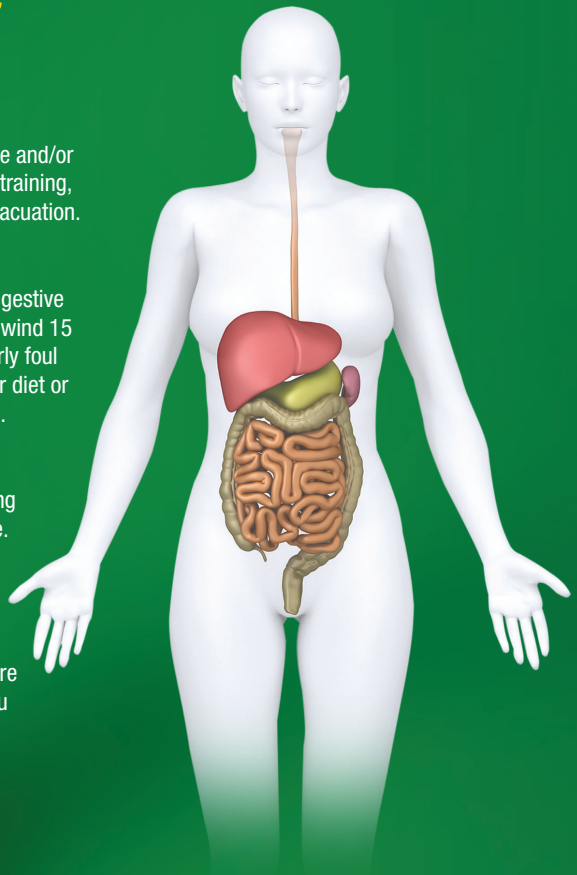
The production of gas is a normal part of the digestive process and on average each person will pass wind 15 times a day. If you have excessive or particularly foul smelling wind this can mean it's likely that your diet or eating and lifestyle habits could be responsible.

Bloating

Most of us have experienced the feeling of being bloated, when your tummy feels uncomfortable. It often happens after a big weekend or over a festive season.

Diarrhoea

Diarrhoea is passing loose or watery stools more than three times a day, occasionally leaving you little time to make it to the toilet.



What's your Tummy Type?

START

How to take the Tummy Type Test

Start at the top and answer yes or no to the first question. You must then decide on the severity of your discomfort to be directed to the next question. From then on please answer YES to the box that MOST closely describes your most regular digestive discomfort to find out your Tummy Type.

It's very common to suffer digestive discomfort. Do you ever suffer any of the following and feel your tummy is not in perfect working order? Irregular or difficult bowel movements (pass stools less than 3 times a week), diarrhoea or urgency, fullness, bloating, excessive gas/wind, tummy pain or discomfort?

NO

Your tummy type is: **TIP TOP TUMMY**
You tummy is in great working order but things can change as we age and seasonally so take a quick look at the top tips to keep everything in great working order

How would you describe your digestive discomfort? mild, moderate or severe?

MILD

Don't suffer that often, little or no pain, and doesn't impact my life that much

MODERATE

Suffer quite regularly, sometimes uncomfortable, does impact my life to some extent

SEVERE

I suffer all the time, often feel pain in my tummy and it really affects my day to day life



Your tummy type is: **MILD SLUGGISH SYSTEM**
a few simple changes and you'll have a tip top tummy in no time!

YES

Do you sometimes find it difficult to pass stools or have to strain to do so?

YES

Do you find it difficult to pass stools or have to strain to do so and also suffer flatulence?

YES

NO

Is your digestive discomfort more painful than uncomfortable - feeling like spasms or a hard belly?

YES

YES

Your tummy type is: **TENDER TUMMY**
it's always best to get any pains checked out by your GP



Your tummy type is: **TOILET TROUBLE**

YES

Do you occasionally have an urgent need to go to the toilet and have soft or watery stools but no other noticeable or uncomfortable symptoms?

NO

Does your tummy often have the sensation of being full and bloated but is more uncomfortable than painful?

NO

Your tummy type is: **MODERATE SLUGGISH SYSTEM** - see our tips to help get your system moving again

YES



Your tummy type is: **GASSY GUT**

YES

Is your main digestive discomfort wind/gas?

NO

Do you suffer from a number of symptoms with your digestion such as constipation and/or diarrhoea, flatulence and bloating?

NO

Your tummy type is: **BLOATED BELLY**

YES

Your Tummy Type may be more 'moderate' than 'mild'. Answer the 'amber' questions in the moderate column to see if these sound more like your tummy.

Your tummy type is: **TROUBLED TUMMY**

YES



Sluggish System

If you mainly suffer with constipation, meaning a reduction in bowel movements, your digestion needs a little help to make it more regular. You might also find you experience a build up of gas resulting in flatulence. Whether you are a mild or moderate Sluggish System, follow these tips to get your system moving again:

- Include foods rich in fiber: 5 portions of fruit and vegetables a day, including whole grains and legumes
- Choose fruits rich in pectin, such as apples, strawberries, lychees or pears, to increase stool volume and ease passage
- Consume fermented dairy products containing probiotics with proven benefits for constipation
- Drink 2 liters of drinking water /day while decreasing intake of caffeinated, alcoholic and sugar rich beverages
- Reduce intake of foods high in animal fat, greasy and fried foods
- Limit intake of refined sugar (sweets and rich deserts)
- Regularize your eating time and food habits
- Aim for a regular bowel action every second day
- Practice a healthy lifestyle: exercise regularly and abstaining from smoking.
- Avoid stress: learn how to relax, improve sleeping patterns, exercise regularly, practice deep breathing and adopt good time management techniques



Troubled Tummy

If you suffer from more than one issue such as bloating, flatulence and/or constipation or diarrhoea, your discomfort may need a little more attention. This discomfort could be caused by a number of issues but can often be improved with simple diet and lifestyle changes:

- Increase fluid intake: drink 2 liters of drinking water /day
- Consume fermented dairy products containing probiotics with proven benefits in digestive health
- Limit difficult to digest carbohydrates like beans, pulses, broccoli, cabbage, cauliflower and Brussels sprouts
- Reduce intake of foods high in animal fat, greasy and fried foods
- Avoid intake of caffeine-containing beverages and fizzy carbonated drinks
- Avoid alcohol intake
- Avoid overeating
- Keep a food diary to identify foods that trigger your symptoms
- Limit polyol-containing foods* (common polyols include maltitol, sorbitol, xylitol and isomalt)
- Avoid stress – learn how to relax, improve sleeping patterns, exercise regularly, practice deep breathing and adopt good time management techniques



Toilet Trouble

If you suffer from watery or loose stools (diarrhoea) and often feel the urgent need to rush to the toilet and feel you have little or no control of your bowel try these tips to help ease the problem:

- In some cases of diarrhoea it can be caused by a specific reaction to a type of food group, keeping a food diary will help identify this for you – [click here to download a food diary](#) [link to food diary download]
- Be careful when preparing raw poultry, meat and fish alongside fresh produce as cross contamination can lead to food poisoning, a common cause of diarrhoea
- Try to limit your caffeine and alcohol intake
- When travelling remember to drink bottled water rather than tap water
- When in the kitchen - regularly wash your hands, surfaces and utensils with hot, soapy water



Gassy Gut

If you suffer with gas on a regular basis, often feeling the urge to pass wind, or passing wind that is smelly a number of factors could contribute to this. Try these tips to help ease the issue:

- Limit fruit juice
- Consume fermented dairy products containing probiotics with proven benefits on digestive health
- Limit difficult to digest carbohydrates like beans, pulses, broccoli, cabbage, cauliflower and Brussels sprouts
- Eat easily digestible carbohydrates such as: potatoes, rice, lettuce, bananas, grapes and yoghurt
- Eat smaller and more frequent meals without increasing overall calorie intake. Don't miss breakfast; do not eat large meals late at night.
- Avoid chewing gum
- Avoid intake of caffeine-containing beverages and fizzy carbonated drinks
- Limit polyol-containing foods* (common polyols include maltitol, sorbitol, xylitol and isomalt)
- Don't rush eating and chew food slowly and well
- Reduce intake of foods high in animal fat, greasy and fried foods

*Polyols are used as replacements for sugar as sweeteners in chewing gum, candy, ice cream, frozen desserts, baked goods, chocolate, fruit spreads, toothpaste, mouthwash, breath mints, cough syrup and cough drops.



Bloated Belly

If your belly is feels full, hard and gurgling, you could be suffering with bloating. You may sometimes also suffer with diarrhoea or constipation too. This discomfort can affect your mood but can be helped through simple diet and lifestyle changes including the following:

- Limit difficult to digest carbohydrates like beans, pulses, broccoli, cabbage, cauliflower and Brussels sprouts
 - Avoid intake of caffeine-containing beverages and fizzy carbonated drinks
 - Fiber should be gradually introduced in the diet, to allow the body to adjust
 - Consume fermented dairy products containing probiotics with proven benefits on bloating
 - Eat easily digestible carbohydrates such as: potatoes, rice, lettuce, bananas, grapes and yoghurt
 - Limit polyol-containing foods* (common polyols include maltitol, sorbitol, xylitol and isomalt)
 - Reduce intake of foods high in animal fat, greasy and fried foods
 - Avoid overeating
 - Don't rush eating and chew food slowly and well
 - Maintain a healthy body mass index; aim to achieve your ideal body weight.
-



Tender Tummy

The discomfort of spasms and distension sometimes accompanied by diarrhoea can make your tummy quite painful and uncomfortable. In some cases this can be a sign of recognising your digestive health is not functioning properly and you may need to seek medical advice. Go to www.loveyourtummy.org for tips and helpful advice and further information.



Tip Top Tummy

Your tummy is in great working order but things can change as we age and seasonally so take a quick look at the top tips to keep everything in great working order

i Based on data from Nutritional Recommendations for Digestive Health
ii <http://www.nhs.uk/conditions/flatulence/Pages/Introduction.aspx>
iii <http://www.nhs.uk/conditions/flatulence/Pages/Introduction.aspx>
iv <http://www.nhs.uk/Livewell/digestive-health/Pages/beat-the-bloat.aspx>

The tummy type images are visual interpretations for illustration only, and are not intended for diagnostic use. Please note this test does not replace a medical assessment. Please see your healthcare professional for further advice.



**For more information and tips on
your digestive wellbeing, please
visit www.loveyourtummy.org**