4 Breakfasts To Eat When You Wake Up Feeling Bloated

Don't let a little AM bloat mess with your whole day.

Waking up on the wrong side of the bed is a bad way to start the day, but waking up bloated is even worse. That puffed-up-kinda-feeling happens to all of us from time to time. Maybe it's because you ate something too salty the night before, or maybe you just haven't been drinking enough water. Whatever the reason, that backed up, swollen sensation is all too familiar. But luckily, it's also easy to get rid of.

The best way to attack morning bloat is with an efficient debloating breakfast. First you'll want to analyze the source of your bloating. Are you constipated, was your dinner full of dairy, did you have too much to drink? Robynne Chutkan, M.D., founder of The Digestive Center for Women in Chevy Chase, Maryland, and author of The Bloat Cure: 101 Natural Solutions for Real and Lasting Relief, tells SELF that you'll want to adjust the breakfast you choose depending on these factors.

If you're constipated, look for recipes with a bit of fiber. And with any fiber-heavy dishes you'll need to drink water consistently throughout your day to actually keep things moving smoothly. If you think your bloat may be caused by fluid retention—either because you went too hard on the carbs, booze, or salt—Chutkan says to opt for a recipe with lots of fluids. That's the best way to get your body to stop holding onto water.

Whatever the cause of your AM swell, these four recipes have the right combination of fiber and fluids to help you deflate in no time.

1. Smoked salmon, eggs, and sautéed spinach.

If you think that water retention is causing your bloat, Chutkan suggests opting for a breakfast that's super low in carbs, as carbs can cause you to hold onto even more water, which may lead to further bloating. She suggests eating this dish because that sautéed spinach has a bit of the fiber you need, and protein will keep you feeling full until lunch.
2. Green smoothie.

Chutkan says that this breakfast favorite is a great debooter because it does a couple important things. For one, it's extremely hydrating, and drinking lots of fluids is one excellent way to deboo faster. It's also full of fiber which will get things moving in your GI tract. She likes to make her smoothie with lemon, ginger, a green apple, and four different kinds of greens: kale, celery, parsley, and spinach. She suggests packing in a ton of ice to create a thinner beverage that's more of a cross between a smoothie and a green juice, but if you prefer something thicker, leave that extra ice out.

3. Steel-cut oatmeal with nuts and berries.

“If you're a little on the constipated side then I would recommend oatmeal, because it's high in fiber which can really get you going,” Chutkan explains. She recommends boiling it in almond milk to make it nice and rich, but you can use whatever liquid you prefer. She also likes to top her bowl with nuts, berries, and chia seeds for a little extra hit of fiber.

4. Lentil soup.
This may seem weird, but go with us: Chutkan likes to eat this savory dish for breakfast because it’s high in fiber and a great way to use up leftovers from dinner. If you’re tired of oatmeal or hot cereal, it’s a great warm, savory alternative. However, lentils are also high in indigestible sugars (http://www.self.com/food/2016/05/foods-that-can-cause-bloating/), which can actually cause more bloating for some people. To prevent it, soak them overnight before adding them to your soup—the water can help pull out some of those sugars, which will make them easier to digest.

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