

Flatten Your Tum Overnight

Christmas bash tomorrow, but not feeling in the best shape? We've got the fail-safe secrets to help you de-bloat in just one day

Ah, December. 'Tis the season for the inevitable slew of festive parties. You've bought the outfit and a bottle of fizz, but you're just not feeling confident in that killer new dress. We've all been there. To give you a helping hand, *Look* got the lowdown from Dr Michelle Storfer, top nutritionist and founder of Thefoodeffect.co.uk, to help you banish the bloat in just 24 hours...

The Day Before The Party

7.15AM... THE MORNING FIX

Miranda Kerr swears by dandelion tea first thing to wake up her digestive system. 'I decided to drink dandelion, as opposed to coffee, as it actually tastes quite similar,' she says. 'It's a natural diuretic,' adds Dr Storfer. 'It helps to shift water and reduce bloating.' Drink two to three cups the day before to flush out excess toxins.

12.30PM... TRY FERMENTED FOODS

Loaded with enzymes that actively break down food in your stomach, fermented dishes like sauerkraut are best eaten the day before. Give fermented kohlrabi (a type of cabbage) a try – it's rich in potassium to help regulate fluid levels. Move over, kale!

7PM... NOTHING RAW AFTER 4(PM)

The night before, avoid munching on uncooked foods – even carrots and cucumber. 'Raw veg is hard to break down, which can lead to stomach pain and bloating,' says Dr Storfer. 'Steam, sauté or roast after 4pm for easier digestion.' Team with a lean protein, such as salmon, and add garlic or ginger to flavour.



The Day Of The Party

10AM... JUICE IT UP

Pineapple is the ultimate superfood to beat the bloat. 'It contains an enzyme called bromelain,' says Dr Storfer. 'This helps to boost metabolism and burn fat quickly. Aim to consume at least a quarter of a pineapple to see the full benefits.' For speed, try it in a juice.

2PM... CARBS ARE NOT THE ENEMY

To line your stomach on the day of the party, eat 'good carbs' at lunch for slow-release energy. 'Wholegrains help reduce cortisol levels, often associated with belly fat,' says Dr Storfer. 'Cutting carbs slows down metabolism, so your body holds onto more fat.' Try an artichoke and tomato salad with brown rice.

3.30PM... SNACK WISELY

Almonds are little superheroes when it comes to burning fat, as they contain easily digestible carbs,' says Dr Storfer. 'Eating small, healthy snacks between meals will help keep your blood sugar stable and your metabolism going strong.' Now, get ready to party!

