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JULY 2002

marie claire

BEAUTY SPECIAL

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4 WAYS TO DE-BLOAT

1 EAT MORE FIBER every day. “Fruits, vegetables, and whole grains, which contain lots of fiber, help push food through your digestive tract and prevent bloating,” says Lisa Drayer, M.A., R.D., eCounseling Program Director at Dietwatch.com.

2 UP YOUR POTASSIUM INTAKE with oranges, bananas, yogurt, and tomato juice. Potassium-rich foods counteract the effects of sodium in the

body, lessening the potential for water retention, says Drayer.

3 SIP GRAPEFRUIT JUICE, which, according to the Florida Department of Citrus, is a natural diuretic. Try a glass a day.

4 CUT DOWN ON CARBS on days you want to wear a bikini. Your body absorbs water when it digests carbohydrates, so reducing the amount you eat will stave off puffiness. Note: Don't go below 600 carb calories a day.