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top bloat busting foods

V WATER GLOW £1.50

Water with a subtly flavoured mix of antioxidant pomegranate and blueberry, plus vitamins C, E, selenium and zinc, this drink feels really good for you

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CHERRYGOOD £1.39

Cherries have among the highest disease-fighting antioxidants of any fruit with at least 17 compounds present. This is just delicious, too

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LINWOODS GOJI BERRIES £5

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Goji Berries are great as they contain eight essential amino acids and antioxidant Vitamins A and C – perfect for snacking

