

New Lifesum data reveals foods that fix hangover fastest

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Health and nutrition app Lifesum has unveiled its annual Hangover Nutrition Index, ranking the Top 10 countries by the nutritional quality of their go-to hangover foods. The UK and US come in last with heavy, low-fibre meals that slow recovery, while Japan tops the list with hydrating, nutrient-dense options like miso soup that help you feel better faster.

Hangover foods are driven by how our bodies crave relief. In the UK and US, many reach for greasy fry-ups because high-fat, high-calorie meals trigger feel-good signals in the brain and give a temporary energy lift. While comforting, these heavy, low-fibre dishes can worsen dehydration and digestive strain. In contrast, countries like Japan and Korea favour hydrating, nutrient-rich soups and broths that restore electrolytes, support gut health and help the body recover faster - showing that

what works for short-term comfort doesn't always equal faster recovery.

Top 10 Hangover Nutritional Index

Country	Hangover meal	Calories (Avg)	Nutritional Index
Japan	Miso soup with rice, pickles	220	High electrolytes, fermented foods, fibre, low fat
Korea	Vegetable soup with rice, kimchi	300	Minerals, vitamins, gut-friendly probiotics
Sweden	Light vegetable & fish soup	350	Lean protein, hydration, balanced macros
Czech Republic	Congee-style rice porridge	280	Hydrating, high micronutrients, gentle on digestion
Norway	Fish soup with root vegetables	400	Lean protein, steady energy, minerals
Finland	Light broth with whole grains	300	Fibre, vitamins, electrolyte-rich
Italy	Vegetable soup with lean meats	400	Vitamins, antioxidants, low saturated fat
Portugal	Seafood stew with vegetables	450	Lean protein, minerals, hydration support
United States	Greasy fry-up	1,100	High fat, low fibre, increases fatigue
United Kingdom	Full English breakfast	1,000	High saturated fat, low fibre, low micronutrients

Cultural & Nutritional Insights

Japan (1st) – Miso soup with rice delivers electrolytes, fermented probiotics, fibre and high-quality protein.

United States (9th) – Greasy fry-ups are high in saturated fat and low in fibre, increasing digestive strain.

United Kingdom (10th) – Full English breakfast is high in fat and sodium, low in micronutrients and one of the least recovery-friendly meals.