

foods that help with constipation

Multiple Sclerosis

There are two types of fiber, soluble and insoluble fiber. Insoluble fiber is found in a variety of healthy foods and is important to relieving constipation. During digestion, insoluble fiber works to add “bulk” to stool. This bulk is what helps push the stool through the digestive system and out of the body. Below are foods with a high insoluble fiber content. Always introduce fiber-rich foods slowly over time and increase water intake to help minimize stomach upset.

| Nuts | |
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| Seeds | |
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| | Chia Seeds |
| | Ground Flax Seeds |
| | Pumpkin Seeds |
| | Sunflower Seeds |

| Raw Vegetables | |
|----------------|----------|
| Broccoli | Cucumber |
| Carrots | Peppers |
| Cauliflower | Radishes |
| Celery | Squash |

| Whole Grain Products | |
|----------------------|------------|
| | Bread |
| | Brown Rice |
| | Crackers |
| | Pasta |
| | Popcorn |
| | Wheat Bran |

| Beans and Legumes | |
|-------------------|--------------|
| | Black Beans |
| | Chickpeas |
| | Kidney Beans |
| | Lentils |