

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	
Almonds	
Brazil Nuts	
Cashews	

Seeds	
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	