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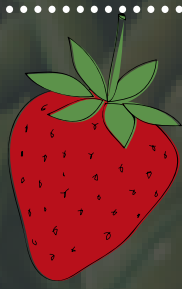
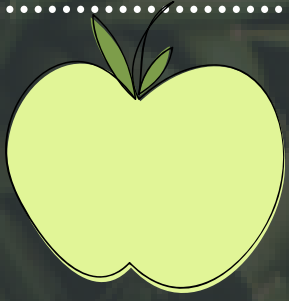
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HIGH FIBER FOODS

FOODS THAT HELP WITH CONSTIPATION.
FOODS THAT HELP YOU GO POOP!

When our bodies are not in complete working order, when we can't fully digest our foods and can't poop, we notice it. We don't feel our best. Below I've put together a list of foods that help with constipation + extra tips!



HIGH FIBER FOODS

- Acorn Squash • 9 grams of fiber/ baked cup
- Almonds • 0.6 grams of fiber/ 6 almonds
- Artichokes • 10.3 grams of fiber / medium artichoke
- Asian Pears • 9.9 grams of fiber/ medium fruit
- Avocados • 10.5 grams/cup
- Berries • 8 grams of fiber/cup
- Black Beans • 12.2 grams of fiber/ cup
- Brussels Sprouts • 7.6 grams of fiber/cup
- Chia Seeds • 5.5 grams/tablespoon
- Chickpeas • 8 grams of fiber/ cup
- Coconut • 7.2 grams /cup
- Figs • 14.6 grams of fiber in 1 cup dried figs
- Flaxseeds • 3 grams of fiber/ TBSP of whole flax seeds
- Lentils • 10.4 grams of fiber per cup (cooked)
- Lima Beans • 13.2 grams of fiber/ cup (cooked)
- Okra • 8.2 grams/cup
- Peas • 8.6 grams/ cooked cup
- Quinoa • 5 grams of fiber / cup cooked
- Split Peas • 16.3 grams of fiber per cup (cooked)
- Turnips • 4.8 grams of fiber/ half cup



EXTRA TIPS

- Drink lots of water. Stay hydrated.
- Avoid high fat diets. Fat digests slowly which can lead to constipation.
- Dairy causes constipation. Mainly because it's usually high fat.
- Avoid low carb diets. These are usually low in fiber.
- Skip antacids if you can - these are known to cause constipation.
- Skip iron supplements if you can - these are known to cause constipation.
- Only eat yellow ripe bananas. Green ones cause constipation, the yellow ones help constipation. (Bonus if there are spots on the banana!)