

GUT-FRIENDLY FOODS THAT HELP YOU POOP



High-Fiber Fruits

- Pears
- Berries
- Kiwi
- Apples
- Peaches
- Plums
- Prunes



Fiber-Rich Veggies

- Broccoli
- Carrots
- Sweet potatoes
- Green beans
- Peas
- Leafy greens



Whole Grains

- Oatmeal
- Whole wheat bread
- Brown rice
- Whole grain pasta
- Quinoa
- High-fiber cereals



Beans & Legumes

- Black beans
- Chickpeas
- Lentils
- Kidney beans



Hydrating Foods

- Watermelon
- Cucumber
- Oranges
- Grapes
- Strawberries



Healthy Fats

- Avocado
- Olive oil
- Nut butters
- Chia seeds
- Flaxseed



Bonus: Water + Movement

Daily hydration + light movement = the perfect combo for softer, easier poops.