

FOODS FOR CONSTIPATION

Foods that lubricate the intestines:

Spinach
Banana
Sesame seed/oil
Honey
Prune
Peach
Apple
Apricot
Walnut
Pine nut
Almond
Alfalfa sprouts
Carrot
Cauliflower
Beet
Okra
Seaweed

Foods that promote bowel movement:

Cabbage
Papaya
Peas
Black sesame seeds
Coconut
Sweet potato
Asparagus
Fig
(also: Magnesium, higher doses of vitamin C)

Flora-enhancing foods:

Miso
Sauerkraut
Yogurt
Kefir
Chlorophyll-rich foods such as wheat grass, dark leafy greens, spirulina

Foods to avoid:

Dairy—overconsumption of poor quality milk products is a primary cause of constipation
Products with baking soda/powder, alcohol, yeasted breads, refined “white” foods such as all white-flour products, white sugar, white rice

Note: calcium or iron supplementation can also contribute to constipation