

Foods that help you relieve constipation immediately

There are many foods that can help you poop faster. Here are some high-fiber foods that can help relieve constipation immediately.

What to do when you have a full stomach and can't go to the toilet right away? Fortunately, there are many **foods that can help you go to the toilet faster** . Here are **some foods that are rich in fiber and help relieve constipation immediately** .



You can avoid constipation and other related problems when going to the bathroom by eating a diet rich in nutritious foods that support healthy digestion while also adding bulk and softening stools. But what are the top foods to eat when you want to go to the bathroom quickly and efficiently? Here are the **fiber-rich foods** that will help you do just that, according to nutritionists.

Sweet potato

Sweet potatoes can help with bowel movements because they contain a lot of insoluble fiber. Insoluble fiber helps your stool become larger, which stimulates the digestive system and promotes bowel movements. Therefore, sweet potatoes are considered a "golden food" to reduce constipation immediately.

Prunes, raisins and other dried fruits

Dried fruit, especially prunes, is another great way to help promote regular bowel movements. In addition to being a good source of fiber, prunes are also a good source of sorbitol. Sorbitol is a sugar alcohol that helps speed up the passage of food through the intestines.



Because dried fruits like prunes, along with raisins and dried apricots, are high in sorbitol, this can help soften stools and stimulate bowel movements.

Don't overdo it on dried fruit, though, as it's also high in sugar. But if you're constipated, the sorbitol and fiber in dried fruit like prunes can help get things moving. Prune juice can also help, and you can mix it with another juice if you don't like the taste!

Chia seeds

Chia seeds can help keep your bowels moving because they are rich in fiber and can absorb water to help bulk up stools and stimulate bowel movements."

Chia seeds are a great source of soluble fiber, which helps bulk up stools and move them through your digestive tract. Be sure to drink plenty of water to help the fiber in chia seeds work.

Flaxseed

Another great source of soluble fiber is flaxseed. It dissolves in water and helps stool move more easily through the large intestine. Flaxseed is also rich in fiber and omega-3 fatty acids, which can help lubricate the intestines and promote bowel movements.

Kiwi



Research has shown that eating kiwis every day reduces the time it takes for stool to move through the intestines and increases the frequency of bowel movements. Experts believe this may be due to the combination of antioxidants, fiber, and water content in kiwis.

Additionally, kiwis can effectively help relieve constipation because they contain an enzyme called actinidin, which can aid digestion and promote bowel movements.

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