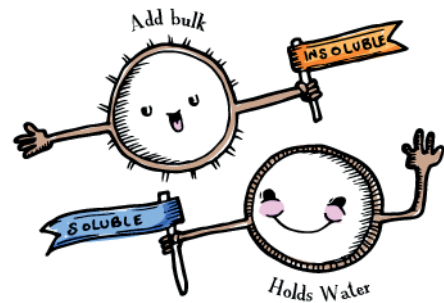


SOLUBLE & INSOLUBLE FIBRE FOOD LIST

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FOODS HIGH IN SOLUBLE FIBRE

Lets start with soluble first. Your large intestine is where water is extracted from your bowel and if you suffer with constipation your stool can sit in your large intestine for longer than normal and this results in a hard, large and painful bowel movement, not pleasant. Soluble fiber helps draw and keep water in your large intestine making your stool softer (creating a gel like texture) and easier to pass.

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|--------------|--------------|---------------|
| Oatmeal | Flaxseeds | Papaya |
| Oat Cereal | • Beans | Raspeberries |
| Lentils | • Dried Peas | Chia Seeds |
| • Apples | Blueberries | Pumpkin Seeds |
| Oranges | • Psyllium | •• Potatoes |
| • Pears | Cucumbers | |
| Oat Bran | Celery | |
| Strawberries | Carrots | |
| •• Nuts | Pumpkin | |

FOODS HIGH IN INSOLUBLE FIBRE

Insoluble fiber adds bulk to your stool. Now, some people when think when the doctor tells them to eat more roughage, they go ahead and eat tons of nuts, whole wheat bread and 'Kellogs All Bran cereal', and this is where constipation worsens! Too much insoluble fiber makes large and hard to pass stools, but the truth is we need insoluble fiber to move the stool through the colon in a timely manner especially if you suffer with colonic inertia...punctuality is important like we say in Britain!

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|----------------|-----------------------|----------------------|
| • Whole Wheat | Zucchini | • Raisins |
| • Whole Grains | • Celery | Grapes |
| • Wheat Bran | Broccoli | Fruit Skins |
| • Corn Bran | • Cabbage | Root Vegetable Skins |
| Seeds | Onions | |
| •• Nuts | Tomatoes | |
| • Barley | Carrots | |
| • Couscous | Cucumbers | |
| •• Brown Rice | Green Beans | |
| • Bulgur | Dark Leafy Vegetables | |

- *Beware of FODMAPs* •• *High in starch which can cause constipation*

WHEN EATING FOOD HIGH IN FIBER BE SURE TO DRINK SUFFICIENT WATER
(2 LITERS PER DAY)