

# Natural Remedies: What to Eat When You're Constipated and Bloating

Dealing with constipation and bloating can be uncomfortable and frustrating. Fortunately, you can find relief in your kitchen by choosing the right foods. Natural remedies like dietary adjustments can alleviate these digestive issues. [what to eat when constipated and bloated](#).

## 1. Fibre-Rich Foods:

Foods high in dietary fibre are your best friends. They add bulk to your stool and promote regular bowel movements. Include whole grains, oats, bran cereals, and whole fruits and vegetables in your diet.

## 2. Prunes:

Prunes, or dried plums, are famous for their natural laxative effect due to their high sorbitol content. A handful of prunes or a glass of prune juice can work wonders.

## 3. Leafy Greens:

Leafy greens like spinach, kale, and Swiss chard are packed with fibre and magnesium, both of which aid digestion and prevent constipation.

## 4. Fruits:

Opt for fruits such as apples, pears, and berries, which are rich in fibre and help regulate your digestive system.

## 5. Ginger:

Ginger is known for its digestive properties. You can add grated ginger to hot water for a soothing ginger tea or incorporate it into your meals.

## 6. Yogurt and Probiotics:

Yoghurt with live cultures and other probiotic-rich foods like kefir and kimchi can promote a healthy gut flora, reducing bloating and digestive discomfort.

## 7. Peppermint Tea:

Peppermint tea has antispasmodic properties that can help alleviate bloating and ease digestive distress.

### **8. Oils:**

Incorporate healthy oils like olive oil or flaxseed oil into your diet. They lubricate the digestive tract and promote smooth bowel movements.

### **9. Nuts and Seeds:**

Nuts and seeds, such as almonds, chia seeds, and flaxseeds, are rich in fibre and healthy fats that can help alleviate constipation.

### **10. Water and Hydration:**

Staying well-hydrated is crucial. Drinking enough water softens stool and prevents constipation. Herbal teas like chamomile can also be hydrating and soothing.

### **11. Avoid Trigger Foods:**

To prevent bloating, reduce or eliminate foods known to cause gas, such as carbonated beverages, beans, and certain cruciferous vegetables like cauliflower and broccoli.

### **12. Small, Frequent Meals:**

Opt for smaller, more frequent meals to prevent overeating, which can contribute to bloating. By incorporating these natural remedies and foods into your diet, you can effectively manage constipation and bloating. Remember that dietary changes may take some time to show results, so be patient and consistent in your efforts to support a healthy digestive system.