

BEST FUNCTIONAL INGREDIENTS FOR CONSTIPATION RELIEF SMOOTHIES

High-Fiber Fruits, Vegetables & Ingredients

Apples (with skin) – Rich in pectin, a soluble fiber that helps regulate digestion.

Banana – A great base for smoothies, provides soluble fiber and prebiotics to nourish gut bacteria.

Beets – A natural detoxifier that supports digestion and is rich in fiber.

Berries (Strawberries, Raspberries, Blueberries, Blackberries) – Loaded with fiber and antioxidants, easy to blend.

Cabbage (lightly steamed or raw in small amounts) – A prebiotic food that helps digestion and promotes healthy gut bacteria.

Carrots – Great source of fiber and beta-carotene, which supports gut health.

Chia Seeds – Absorbs water, forming a gel that softens stool and promotes smooth digestion.

Cranberries (Fresh or Unsweetened Juice) – Helps balance gut bacteria and prevent sluggish digestion.

Dates (soaked in water) – Naturally high in fiber and sorbitol, promoting bowel movement.

Figs (fresh or dried, soaked in water) – Loaded with soluble and insoluble fiber, plus natural sorbitol, which softens stool.

Black Mission Figs (Fresh or Dried, Soaked) – Higher in fiber than most fruits, great for digestion.

Flaxseeds – Great source of soluble and insoluble fiber, helping with stool bulk and gut motility.

Grapes – Contains resveratrol and sorbitol, which help draw water into the intestines.

Guava – A fiber-rich tropical fruit that also contains natural enzymes for digestion.

Kiwi – Packed with fiber and actinidin, an enzyme that promotes digestion.

Mango – Naturally sweet, contains fiber and digestive enzymes to speed up digestion.

Oats – Adds creaminess and beta-glucan fiber, which helps soften stool.

Oranges & Citrus Fruits – High in fiber and naringenin, a flavonoid that may act as a natural laxative.

Papaya – Contains papain, an enzyme that aids digestion and helps break down proteins.

Passion Fruit – One of the highest-fiber tropical fruits, with edible seeds that provide extra bulk to stool.

Pears – High in pectin fiber and sorbitol, both of which help soften stools and speed up digestion.

Cactus Pear (Prickly Pear, Peeled & Blended) – Contains mucilage, a natural stool softener.

Persimmon – Rich in pectin fiber, which helps regulate bowel movements.

Pineapple – Rich in bromelain, an enzyme that supports gut motility and digestion.

Plums – Similar to prunes, plums contain fiber and natural sugars that aid digestion.

Sweet Potato (steamed or mashed) – A surprising smoothie addition, rich in fiber and resistant starch, which feeds good gut bacteria.

Seaweed (Small Amount, Blended or Powdered) – Contains prebiotic fiber that feeds beneficial gut bacteria.

Zucchini – Hydrating and mild in flavor, blends well in smoothies for an extra fiber boost.