

Foods To Relieve Constipation During Pregnancy



Lemon

The presence of citric acid helps in inducing bowel contractions.



Oranges

Have a high fiber content that helps relieve constipation.



Epsom salts

Have laxative properties that help in easing constipation.



Ispaghula husk

Contains mucilage that helps in adding bulk to the stool by absorbing fluids.



Flaxseeds

Rich source of omega-3 fatty acids and mucilage.



Fibrous food

Oatmeal, avocados, and cooked vegetables can help in smooth bowel movement.



Yogurt

Helps in the digestive process by increasing bowel movements.



Apple cider vinegar

Contains acetic acid and pectin, which help in digestion.

