



Fibre, Constipation & Healthy Bowel Habits - A simple guide to help your gut work better

Why is fibre helpful?

Fibre helps your bowels move regularly.

It can also ease **bloating**, **nausea** and **acid reflux**.

A diet with enough fibre keeps poo soft and easier to pass.

How much fibre do I need?

Increase fibre **slowly over a few days** to let your gut adjust and avoid extra bloating.

Adults usually need **25–30g of fibre each day** (about **six portions**).

Good sources of fibre

- **Kiwi fruit** – Eating two **kiwis a day** is one of the **most effective and gentle ways to relieve constipation**. Kiwi fibre helps your gut move things along and is usually **very easy on the stomach**, even if other high-fibre foods cause discomfort *two kiwis = one portion*
 - **Brown or wholemeal bread** – *two slices = one portion*
 - **Wholegrain cereals** – e.g., *Three Weetabix = one portion, porridge 50g of dry oats = one portion*
 - **Wholemeal pasta & brown rice** – *⅔ cup = one portion*
 - **Fruit & vegetables** – examples of one portion:
 - 80g raspberries
 - One large apple or pear
 - 150g green beans
 - ½ avocado
 - two cups carrot
 - one cup cabbage
 - **Beans, peas, chickpeas, lentils** – *75g = one portion*
 - **Nuts, dried fruit & seeds** – *50g = one portion*
-

What should I drink?

Fibre works best with **plenty of water**.

- Aim for **1.5 litres of water per day** (unless your doctor says otherwise).
- This helps soften poo and keeps your bowels moving.

Daily habits for healthy bowel movements

- Drink **1.5 L of water** each day
- Eat **fruit or vegetables at every meal**
- **Walk, stretch, or move every day**. A five to 20 minute walk after each meal helps the gut to move, reduces bloating and helps blood sugar control
- **Go to the toilet in the morning** and take your time, rushing slows the gut
- **Chew food well** and sit down to eat. This signals to your system that it is safe to digest
- Try **magnesium-rich foods** like leafy greens, oats, pumpkin seeds
- Eat **two kiwis daily**
- Use a **squatty potty** (or a footstool) to lift your feet. This makes pooing easier and reduces straining

Movement matters

You do not have to go to a gym to help your gut. Any regular movement keeps your bowels active and reduces constipation.

Helpful activities include:

- Walking (especially a **5–10 minute walk after each meal**)
- Sports
- Swimming
- Yoga or stretching
- Cycling
- Gardening
- Vacuuming or other light chores

Aim for **some movement every day**, even small amounts.

Psyllium Jelly

Psyllium is a natural fibre (sold in health food shops and some pharmacies) that absorbs water and forms a soft gel. It helps soften poo, makes bowel movements easier and is usually gentle on the stomach.

How to Make Psyllium Jelly

Ingredients

- One tablespoon psyllium husk
- 250 ml fruit juice

Method

1. Pour **250 ml fruit juice** into a glass
 2. Add **one tablespoon psyllium husk**
 3. Stir for a few seconds
 4. Let it sit for **one to two minutes** to form a jelly
 5. Eat with a spoon or drink before it gets too thick
-

How much to take

- Start with **half a tablespoon once daily**
- Increase to **one tablespoon once or twice daily** if tolerated
- Always drink a **full glass of water** afterwards
- Increase slowly to avoid bloating
- Take at the same time each day
- Add extra water if the jelly becomes too thick