

Name _____ Date: _____

Top 10 Fiber - containing Foods – and Recipe For Natural Stool Softener/Laxative

1. Figs - 1 cup: 14.6g of fiber
2. Prunes: - 1 cup - 12 g of fiber
3. Green Peas - 1 cup (cooked): 16g of fiber
4. Black Beans - 1 cup (cooked): 15g of fiber
5. Lentils - 1 cup (cooked): 10.4g of fiber
6. Berries – 1 cup – 7.6 g of fiber
7. Avocados - Half an avocado: 9g of fiber
8. Flax Seeds - 1 ounce: 8g of fiber
9. Acorn Squash - 1 cup (cooked): 9g of fiber
10. Chickpeas - 1 cup: 8g of fiber

Recipe to make your own natural “Stool-Softener”-Laxative

1 cup of dried Figs

1 cup of prunes (dried plums)

Add both figs and prunes to a pot, cover with water.

Heat and simmer until fruit are very soft.

Add to blender and puree.

Keep in the fridge.

Eat 1-2 Tablespoons every morning. Enjoy!_