

100% whole grain bread was called the most useful for constipation

If you avoided carbohydrates, considering them harmful, and now you have constipation, then eat one or two slice of whole grain bread. It contains fiber, which increases the volume of the stool and softens it. It also reduces cholesterol and supports blood sugar.

Some varieties of bread are called wheat bread, but they are not made of 100% whole wheat. This is important when choosing this product in the store. Carefully read the label to make sure that the bread is made exclusively from the whole wheat grain. As the first ingredient, whole grain flour should be indicated in the composition.



Eatewell

Another sign of whole grain bread is the content of fiber. In most of these types of bread, it is at least 3 g per slice. If you eat two slices, you will get 20% of the daily norm of this substance. This fiber increases the volume of the stool and accelerates the passage of food along the gastrointestinal tract. As a result, the risk of constipation is reduced.

Finally, whole grain bread can be used to prepare various dishes. Try, for example, to make

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a toast with peanut oil, banana and cinnamon, or a sandwich with cucumber and tomato.

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