

# Low-FODMAP Soluble-Fiber Upgrade List

Use this short guide to make a low-FODMAP plan more constipation-friendly without making it more restrictive.

## Food-First Options

- Oats or porridge as a regular breakfast base
- Kiwi as one evidence-backed IBS-C food example
- Linseeds / flax added to breakfast or yogurt
- More fiber-aware vegetables and fruit you tolerate well

## Supplement Option

- Psyllium / ispaghula as the best-supported soluble-fiber supplement for IBS

## Routine Add-Ons That Make Fiber Work Better

- Drink water through the day
- Avoid long gaps between meals
- Walk or move regularly
- Keep meals consistent enough to read your symptoms clearly

## What to Watch

- Do not jump from very low fiber to very high fiber overnight
- Do not assume bran is the best IBS answer
- Do not let low FODMAP become a low-intake diet
- Do not expect food alone to solve every IBS-C case

## Quick Reminder

The goal is support, not stricter restriction.