

Fruits for Digestion, Constipation & Bloating

12 Fruits That Genuinely Help, and How to Include Them

Digestive discomfort is often a fibre, hydration, or enzyme gap rather than something needing medication first. This guide lists 12 fruits, colour-coded by how they help — through digestive enzymes, natural laxative effects, fibre and bulk, or hydration — with why each one works and how to include it in your daily diet.

Colour Key

Enzyme-Based	Natural Laxative	Fiber & Bulk	Hydration
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The 12 Fruits

Fruit	How It Helps	Why It Works	How to Include It
1. Kiwi	Enzyme-Based	Contains actinidin, a natural enzyme that helps break down protein and supports smoother digestion, along with good fibre content.	Eat 1-2 whole kiwis as a snack, skin included if you don't mind the texture.
2. Papaya	Enzyme-Based	Contains papain, an enzyme that supports digestion, along with fibre that helps regulate bowel movements.	Have a bowl as a snack, ideally between meals to support digestion.
3. Pineapple	Enzyme-Based	Contains bromelain, an enzyme that aids protein digestion and may help reduce bloating after heavy meals.	Eat a few fresh slices after a protein-heavy meal.
4. Pears	Natural Laxative	One of the highest-fibre common fruits, plus natural sorbitol that has a mild laxative effect.	Eat with the skin on as a daily snack for the most fibre and sorbitol content.
5. Prunes (Dried Plums)	Natural Laxative	Very high in sorbitol and fibre, making them one of the most well-known natural remedies for constipation.	Have 3-4 prunes as a snack, or soaked in water overnight for a gentler effect.
6. Figs (Fresh or Dried)	Natural Laxative	High in fibre with a mild natural laxative effect, traditionally used to ease constipation.	Have 2-3 figs as a snack, or soaked overnight for easier digestion.
7. Apples	Fiber & Bulk	Rich in both soluble and insoluble fibre, especially with the skin on, helping add bulk and soften stool.	Eat with the skin on rather than peeling, for the most fibre.
8. Dragon Fruit	Fiber & Bulk	High in fibre and water content, supporting smoother, more regular bowel movements.	Scoop out and eat fresh, or blend into a smoothie bowl.
9. Oranges	Fiber & Bulk	The fibre in the segment membranes, along with water content, supports regularity and eases digestion.	Eat the whole segments rather than just drinking the juice, to keep the fibre.
10. Bananas (Ripe)	Fiber & Bulk	Ripe bananas contain pectin and are gentle on the stomach, helping support regular, comfortable digestion.	Have one as a daily snack; ripe bananas are generally easier on digestion than under-ripe ones.

Fruit	How It Helps	Why It Works	How to Include It
11. Grapes	Fiber & Bulk	Good water and fibre content, especially with the skin on, supports smooth and easy digestion.	Eat a small bowl as a snack, with the skin on for the most fibre.
12. Watermelon	Hydration	High water content helps prevent the dehydration that often worsens constipation, and is gentle on the stomach for bloating.	Have a bowl as a snack, especially if you tend to under-drink water through the day.

Note: These fruits support everyday digestive comfort as part of a balanced diet with adequate water intake. This guide is for general education, not medical treatment. If constipation, bloating, or indigestion is frequent, severe, or persistent, consult a doctor rather than self-treating long-term.