

# 5 Fiber-Rich Meals to Stop Ozempic Constipation

GLP-1 medications slow gastric emptying — and often, everything downstream too. The fix is rarely a supplement; it's fiber you eat on purpose, plus enough water to actually move it. These five meals balance soluble and insoluble fiber and land 12–18 g per bowl without heroic portion sizes.

## A QUICK FIBER PLAYBOOK

- Target 25–30 g of fiber daily. Ramp up over a week to avoid bloating.
- Drink fiber's weight in water. Without fluids, fiber backs things up.
- Walk 10 minutes after meals. Motility responds to movement.
- Mix soluble (oats, chia, legumes) with insoluble (whole grains, skins, flax).

## 1. Pear & Oatmeal Bowl

**Why it works.** Oats are the textbook source of beta-glucan, a soluble fiber that softens stool without cramping. Pears (skin on) add pectin plus insoluble sweep-fiber — about 6 g together.

### INGREDIENTS

- 1/2 cup rolled oats; 1 cup water or almond milk
- 1 ripe pear, skin on, diced
- 1 tbsp ground flaxseed; 1 tsp chia seeds
- Pinch of cinnamon; drizzle of honey (optional)

### HOW TO MAKE IT

- 1 Simmer oats in liquid 5 min over medium heat, stirring.
- 2 Stir in flax and chia. Cook 2 more minutes until it thickens.
- 3 Spoon into a bowl. Top with diced pear and cinnamon.
- 4 Drink a full glass of water alongside — fiber without fluid is a trap.

## 2. Barley & Sweet Potato Stew

**Why it works.** Pearled barley is one of the highest-fiber grains (6 g per 1/2 cup) and acts like a sponge in the gut. Sweet potato skins add insoluble fiber and magnesium — the mineral most linked to bowel motility.

### INGREDIENTS

- 1/2 cup pearled barley, rinsed
- 1 medium sweet potato, skin on, cubed
- 1 carrot + 1 celery stalk, diced
- 4 cups low-sodium broth; 1 tsp thyme; 1 bay leaf
- Salt, pepper, parsley

#### HOW TO MAKE IT

- 1 Simmer broth with barley, thyme, bay leaf 15 min.
- 2 Add sweet potato, carrot, celery. Simmer 25 more minutes.
- 3 Remove bay leaf, season, finish with parsley.
- 4 Keeps 4 days refrigerated.

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### 3. Black Bean & White Fish Soup

**Why it works.** Black beans deliver ~15 g of fiber per cup plus resistant starch that feeds gut bacteria. Flaky white fish adds protein without fat that slows transit further.

#### INGREDIENTS

- 1 (15 oz) can black beans, rinsed
- 2 cod or tilapia fillets, cubed
- 1 small onion + 2 garlic cloves
- 1 tsp cumin; 1/2 tsp smoked paprika
- 3 cups broth; 1 cup diced tomato; juice of 1/2 lime

#### HOW TO MAKE IT

- 1 Soften onion 3 min. Add garlic and spices 30 sec.
- 2 Add beans, broth, tomato. Simmer 10 minutes.
- 3 Add fish cubes. Poach gently 4–5 minutes until opaque.
- 4 Finish with lime and cilantro.

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### 4. Whole Grain Pasta with Lentil Bolognese

**Why it works.** Swapping half the meat for lentils adds 8+ g of fiber per plate. Whole grain pasta holds roughly triple the fiber of white pasta. Comfort food that acts like a fiber multivitamin.

#### INGREDIENTS

- 6 oz whole grain or chickpea pasta

- 1/2 lb lean ground beef or turkey
- 1/2 cup dried red or brown lentils
- 1 onion + 2 garlic cloves
- 1 jar marinara; 1 cup broth; Italian seasoning

#### HOW TO MAKE IT

- 1 Brown meat with onion 5 min. Drain fat. Add garlic 30 sec.
- 2 Add lentils, marinara, broth, herbs. Simmer 25 min.
- 3 Cook pasta; reserve 1/2 cup pasta water.
- 4 Toss pasta with sauce and a splash of pasta water.

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## 5. Apple & Flax Overnight Oats

**Why it works.** Apple (skin on) contributes pectin, a soluble fiber shown to improve stool consistency. Ground flax delivers both fiber types plus omega-3s. Made the night before, it's the easiest fiber habit to actually keep.

#### INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup non-fat Greek yogurt + 1/2 cup milk
- 1 tbsp ground flaxseed + 1 tsp chia seeds
- 1/2 apple, skin on, diced
- 1/2 tsp cinnamon; 1 tsp maple syrup (optional)

#### HOW TO MAKE IT

- 1 Combine oats, yogurt, milk, flax, chia, cinnamon in a jar.
- 2 Fold in diced apple. Seal and refrigerate overnight.
- 3 Stir in the morning; add a splash of milk if thick.
- 4 Eat cold. Chase with a full glass of water.

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