



Did you know?

Popcorns may exasperate gastrointestinal disorders

Wanna know how?



The fiber in popcorn is made up primarily of hemicellulose cellulose, and a small amount of lignan – meaning the majority of the fiber is insoluble

Popcorn is high in insoluble fiber, which can cause bloating, distension, and flatulence in some people with IBS



SUMMARY

Because popcorn is a rich source of fiber, which promotes digestive activity, it might worsen stomach pain and diarrhea associated with colitis, Crohn's disease and irritable bowel syndrome. The milk products and salt found in some types of popcorn might also cause stomach pain or other digestive upset

If these symptoms are a problem, it may be better to choose foods high in soluble fiber, such as psyllium, oats, apples, and citrus fruits, instead.



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