

## Constipation Diet



Constipation is infrequent or difficult bowel movements. As a general rule fewer than three stools per week that are hard and dry is considered constipation. Most cases of constipation are temporary and can be treated with lifestyle changes. Risk factors for constipation include older age, undergoing chemotherapy, certain medications, and low fiber diets.

### What to eat:

- Raspberries
- Pears with skin
- Apple with skin
- Ripe Bananas
- Bran Flakes
- Oatmeal
- Lima beans
- Baked Beans
- Pecans
- Almonds
- Broccoli
- Artichoke
- Brussel Sprouts

### Foods that cause constipation:

- Meat, poultry, fish
- Milk, sour cream, ice cream
- Pasta
- Biscuits and rolls
- All cheese including cottage cheese
- Greasy and fried foods
- Cakes, cookies, and pies
- Potato chips
- Frozen dinners
- Unripened green bananas
- Doughnuts

### Remember:

- Regular exercise can keep your digestive system healthy, which reduces constipation.
- Stay hydrated! Choose water over soda, tea, and coffee.
- Do not ignore the feeling of a bowel movement. Forming this habit can lead to an increase in constipation.
- Avoid processed and refined foods.
- Laxative and stool softener use should be a LAST RESORT!

