



## Tips to Help Manage and Prevent Constipation

- Drink 8 – 10 cups of liquid each day. Try water, prune juice, diluted fruit juice, warm juice, decaffeinated tea or coffee, hot water with lemon or hot lemonade.
- Eat at regular times each day.
- Eat a big breakfast, including a hot drink and high-fiber foods.
- Try to have a bowel movement at the same time each day to set up a routine.
- Eat high fiber foods such as bran cereals, whole grain breads/cereals, fruits, and vegetables – raw and cooked with skins and peels on, popcorn and dried beans.
- Add these foods slowly if you are not used to eating them.
- Talk to your dietitian about a high-calorie, high-protein, fiber-containing liquid supplement if you need more calories, protein, and fiber.
- Avoid inactivity – try to be active every day as appropriate. Regular physical activity can help with bowel movements.
- Prescription pain medicine and some anti-nausea medicine can cause constipation. You may need a daily stool softener and/or laxative. Talk with your doctor/nurse about the best regimen for you.
- Use laxatives only on the advice of your doctor.
- **Contact your doctor if you haven't had a bowel movement for 3 days or longer.**

### **Fruit and Bran Recipe:**

- 3 parts bran (wheat bran or something like All Bran or Fiber One)
- 2 parts applesauce
- 1 part prune juice
- Mix together: it will have a consistency like apple butter. Eat 3 times a day or as needed to help promote bowel movements. Good on toast, too.
- Easy, nutritious, tasty!

### Fiber in Foods:

Items	Amount	Dietary Fiber (grams)
Bran Cereals*	½ cup	3-13
Beans: Kidney, Navy, White, Lima, Black, Pinto, Northern*	½ cup	6-10
Wheat Bran, raw*	¼ cup	6
Brown Rice	½ cup	6
Popcorn	2 cups	5
Pear with Skin	1 medium	5-6
Almonds	1 ounce	4
Broccoli*	½ cup	4
Apple with Peel	1 medium	4
Brussels Sprouts*	½ cup	3
Greens	½ cup	3
Green Peas	½ cup	3
Potato with Skin	1 medium	3
Prunes	3	3
Orange	1 medium	3
Raisins	¼ cup	3
Strawberries	1 cup	3
Carrots; Okra	½ cup	2
Banana	1 medium	2
Blueberries	½ cup	2
Whole Wheat Bread*	1 slice	1-2

The recommended amount of fiber is 25 – 35 grams daily for those under 50, and 21 – 30 grams for those older than 50, with men’s needs higher than women. Add fiber to your diet slowly.

*\*These foods can cause gas.*