

Constipation Nutrition Therapy

Fiber and **fluids** may help ease constipation and feeling of being bloated.

Increase fiber slowly over the course of a few days or weeks as tolerated.

Tips for Adding Fiber to Your Diet

- Slowly increase the amount of fiber (recommend 5 grams added per day) to 25-35 grams fiber
- Look for foods with 3 or more grams of fiber per serving
- Purchase breads, grains, pasta, rice, etc. made with 100% whole grains
- Brown or wild rice instead of white rice or potatoes
- Barley, oats, whole wheat, almond, coconut, and quinoa are good sources of fiber
- Bake with whole wheat flour, use it to replace white or all-purpose in recipes
- All beans or peas are a good source of fiber, add to casseroles or soups
- Choose fresh, fruit and vegetables instead of juices
- Drink plenty of fluids. Set a goal of at least 8 cups (8 ounces) per day. You may need more with higher amounts of fiber. Fluid helps your body process fiber without discomfort.



Whole grain breads

The Following May Help Relieve Constipation

- Drink a hot beverage or eat hot cereal first thing in the morning
- Add unprocessed bran to foods. Start with 1 teaspoon ground flaxseed or flax meal added to cereal or applesauce
- Eat a few dried or stewed prunes or drink prune juice
- Talk with your health care team about the use of stool softeners and laxatives



High Fiber Recipes

The following high fiber recipes are an easy way to increase fiber to any meal and snack.

Fruit and Bran

Ingredients:

- 1 cup bran (wheat bran or 100% bran)
- $\frac{2}{3}$ cup applesauce
- $\frac{1}{3}$ cup prune juice or 100% orange juice

Directions:

Mix together. Serving: 3 times a day (1-2 tablespoons) or as needed to help promote bowel movements. Taste good on toast or in hot cereal.

Store in refrigerator.

Fruit Butter

Ingredients:

- 1 cup raisins (soaked in water overnight, then drain)
- 1 cup pitted prunes
- 2 tablespoons honey
- 1 $\frac{1}{2}$ teaspoons vanilla
- 1 $\frac{1}{2}$ cups 100% apple juice

Directions:

Puree all of the above ingredients together.

Serving: 2 $\frac{1}{2}$ ounces of fruit butter per day, followed by $\frac{1}{2}$ cup of water. When beginning it is best to start with a small amount and work up to the full dose. Can be mixed in cereal.

Store in refrigerator.



Dried Prunes

POWER PUDDING

Ingredients:

- 1 cup applesauce
- 1 cup unprocessed bran (example Miller's unprocessed bran)
- $\frac{1}{2}$ cup prune juice

Directions:

Combine ingredients and mix in blender until smooth.

Serving: 2 tablespoons and drink a cup of water with power pudding serving.

Store in refrigerator.

Prune Fluff

Ingredients:

- 1 cup prune juice
- 1-2 $\frac{1}{2}$ ounces of raisins
- 18 $\frac{1}{2}$ ounces prunes

Directions:

Combine ingredients and mix in blender until smooth.

Serving: 1-2 tablespoons

Store in refrigerator.

Please be mindful of any food allergies or intolerances you may have before consuming any of the recipes in this document.