Diet tips for relief and prevention

To Prevent Constipation:

Certain foods and drinks, and the proper amount of exercise can help alleviate the symptoms of constipation.

Foods and drinks:

- Eat high-fiber foods such as raisins, raw vegetables, salads, bran cereals, whole-grain bread and fresh fruit.
- Eat prunes or figs.
- Eat oatmeal, applesauce, legumes (dried beans) and barley, to soften the stool.
- Flax meal can be purchased already ground. Or, you can buy the seeds and grind them yourself. Flax meal is a good source of natural fiber and health-promoting Omega-3 fatty acids. It can be stirred into or sprinkled on foods.
- Drink plenty of liquids – at least eight glasses a day. Water and herbal tea are best. Juices are not recommended, nor are caffeinated drinks, as your body can become dependent on these in the long run.
- Drink several cups of warm-to-hot liquid in the morning. Herbal teas or water work well.

Exercise:

- Do daily exercise, like a brisk half-hour walk.
- Visit the toilet for 15 minutes in the morning, even if you are unable to have a bowel movement. This relaxes and stimulates your digestive system.
- Sit quietly for 15 minutes after eating a meal to aid in digestion.

Questions?

Your questions are important. Make an appointment to see your health care provider to discuss questions or concerns.