# **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.

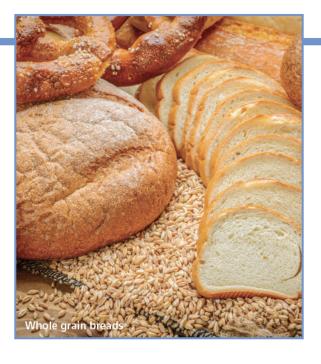
# **Tips for Adding Fiber to Your Diet**

- 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.

# 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)

<sup>2</sup>/<sub>3</sub> cup applesauce

⅓ 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 ½ teaspoons vanilla

1 ½ cups 100% apple juice

#### **Directions:**

Puree all of the above ingredients together.

Serving: 2 ½ ounces of fruit butter per day, followed by ½ 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.



## **POWER PUDDING**

### Ingredients:

1 cup applesauce

1 cup unprocessed bran (example Miller's unprocessed bran)

½ 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 ½ ounces of raisins

18 ½ 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.

RESOURCES & SUPPORT

