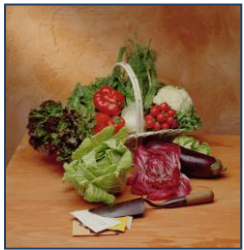


# Constipation Nutrition Therapy



Fiber in combination with water can help alleviate your constipation. Add fiber slowly; aim for 8 cups of water and 25-35g of fiber each day. Skins and peels of fruits and vegetables are packed with fiber (remember to wash thoroughly). Eating whole wheat products, whole fruits and vegetables, and beans are a few ways to increase fiber in your diet. If you continue to experience constipation, talk to your doctor.

## Recommended Foods

**Grains** – High-fiber cereal, small bagel, whole wheat toast, rye or pumpernickel bread, whole wheat products, brown rice

**Vegetables** – Cooked artichoke, carrots, cooked cabbage or broccoli, cauliflower, corn, eggplant, potatoes (baked or mashed), cooked beans

**Fruit** – Berries, prunes, apple, applesauce, cherries, orange, peach, pear, plum, raisins, grapefruit, tangerine

**Other** – 2 tablespoons almonds, 1 cup popped popcorn (low fat/low sodium)