Nutrition Therapy for Constipation

Fiber and fluid can help with constipation and feeling bloated. Increase your fiber intakes slowly over the course of a few weeks, along with increasing fluids, to help relieve constipation and to prevent symptoms from worsening.

Tips for Adding Fiber:

• Try finding foods containing whole grains.
• Slowly increase the amount of fiber you eat to 25g to 35g per day.
• Eat whole grain breads and cereals. Look for choices with 100% whole wheat, rye, oats, or bran as the first or second ingredient.
• Choose brown or wild rice over white rice and potatoes.
• Enjoy a variety of grains, including barley, oats, faro, kamut, and quinoa.
• Replace some of your white or all-purpose flour in recipes with whole wheat flour when baking.
• Add beans and peas to casseroles or soups.
• Choose fresh fruits and vegetables over juices.
• Eat fruits and vegetables with the peels or skins on.
• Compare food labels of some common foods you eat with high-fiber choices. Packaged foods have the amount of fiber listed on the Nutrition Facts Label.
• Drink plenty of fluids, setting a goal of at least 8 cups per day. Fluid will help the body process fiber without discomfort.
• If you are taking a calcium or iron supplement, check with your doctor. You may be able to take smaller amounts several times a day.