


Constipation

Increasing insoluble fiber can help relieve constipation.

Foods to try:

Grains	Vegetables	Fruit	Nuts/seeds
Bran	Broccoli	Grapes	Sunflower Seeds
Whole wheat bread	Cauliflower	Dried fruit including dried prunes	Nuts: Walnuts, Peanuts, etc
Whole Grain Cereal (>2g fiber/serving)	Green Beans	Apple with Skin	Pumpkin Seeds
Popcorn	Green Peas	Melon	Sesame seeds
Brown rice	Dried Beans	Pear Nectar Prune Juice	

Avoid binding foods (soluble fiber)

Grains	Vegetables	Fruit
White bread	Cassava	Bananas
White rice	Carrots	Apple sauce
Cereal (<2g fiber/serving)	Potatoes without skin	Oranges

Increase movement and activity.
Increase fluids, especially **water**.