

Reduce Constipation

NUTRITION TIPS TO MANAGE CONSTIPATION

Constipation

Common Side Effect

Many treatments, medications or specific cancers contribute to constipation

How it feels

A constant sense of "fullness," tightness in the abdomen, bloating, lack of daily bowel movements

Tips & Tricks

Aim for easy to digest

Limit lactose & dairy
Balance raw veggies with cooked
Limit ultra processed & sugary foods
Kiwi, papaya & apples may increase the frequency of bowel movements

Gentle movement & eating hints

Regular walks can help get your gut moving
Eat and drink slowly
Avoid using a straw & carbonation
Practice mindful eating

Hydration helps

Aim for 8-10 cups per day
Warm beverages like tea, prune juice, broth & senna tea (Smooth Move) encourage bowel movements
Try soups, stews, smoothies

Fiber is your friend!

Fiber is good for your health, microbiome & digestion
Fruits & Veggies (fresh, frozen, cooked or raw)
Whole grains like oats, brown rice, quinoa, barley, farro
Nuts, seeds & legumes like beans & lentils

ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS