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**