

If You Have a...

Constipation

- Eat at regular times each day.
 - Try to have a bowel movement at the same time each day to establish regularity.
 - Drink 8 to 10 cups of liquid each day. Try water, prune juice, warm juices, teas, and hot lemonade.
 - If gas becomes a problem, limit drinks and foods that cause gas such as:
 - Carbonated drinks
 - Broccoli
 - Cabbage
 - Cauliflower
 - Cucumbers
 - Dried beans
 - Peas
 - Onions
- To lessen the amount of swallowed air:
- Limit talking while eating
 - Drink without straws
 - Avoid chewing gum
- Eat high-fiber and bulky foods, such as:
 - Whole grain breads and cereals
 - Fruits and vegetables (raw and cooked with skins/peels on)
 - Popcorn
 - Dried beans
 - Eat a big breakfast, including a hot drink and high-fiber foods.
 - Talk to your dietetics professional about a high-calorie, high-protein, fiber-containing liquid supplement if you need more calories, protein, and fiber.
 - Use laxatives only on the advise of your physician. Contact your doctor if you have not had a bowel movement for 3 days or longer.

To help alleviate constipation, try these recipes:

Gazpacho

2 cans tomato soup
2 cans water
1 tablespoon olive oil
1 teaspoon salt
Dash hot sauce
Dash garlic powder
1 medium onion, chopped
1 cucumber, peeled, seeded, and chopped
1 green pepper, peeled, seeded, and chopped
1 large can or 2 fresh tomatoes, peeled, seeded, chopped

Directions:

Mix together first 6 ingredients, then add remaining 4. Chill and serve with chips or crackers.

Makes 8 1-cup servings. Each serving is 90 calories, 2 grams protein, 3 grams fiber.

Fruit 'n Bran

3 parts bran (wheat bran or 100% bran best)
2 parts applesauce
1 part prune juice

Directions:

Mix together. Eat 3 times a day or as needed to help promote bowel movements. Good on toast, too.

Peach Fizz

1 cup peach nectar (or other nonacidic fruit juice)
 ½ cup club soda

Directions:

Mix in a glass with ice for a refreshing drink.

Makes 1 serving. Each serving is 130 calories, less than 1 gram protein.

Fruit Shake

2 cups juice (apple, apricot, grape, peach), chilled

½ cup whole milk

½ teaspoon vanilla

Crushed ice made from about 4 cubes

½ cup vanilla

Directions:

Put all ingredients into a 1-quart plastic container with lid. Shake vigorously and serve.

Makes 2 servings. Each serving is 260 calories, 5 grams protein (calculated with apple juice).

Food List

	<u>Recommended Foods</u>	<u>Foods to Avoid</u>
High Protein	<ul style="list-style-type: none"> • Sauces and gravies, casseroles, soups, and stews containing meat, poultry, and fish. 	<ul style="list-style-type: none"> • Meats, poultry, and fish that are dry and without sauce
Breads, Cereals, and Rice	<ul style="list-style-type: none"> • Bread • Rolls • Cooked and cold cereals • Cereal with milk • Rice soaked in gravy, sauce, broth, or milk 	<ul style="list-style-type: none"> • Dry: <ul style="list-style-type: none"> • Bread • Rolls • Pasta • Rice • Cereal • Pretzel • Chips
Fruits and Vegetables	<ul style="list-style-type: none"> • Canned and fresh fruits that have a lot of moisture, such as oranges and peaches • Vegetables in sauce 	<ul style="list-style-type: none"> • Bananas • Dried fruit • Vegetables, unless in a sauce or with a high moisture content
Beverages, Desserts, and Miscellaneous	<ul style="list-style-type: none"> • Club soda • Hot tea with lemon • Fruit-ades • Diluted juices • Sports drinks • Homemade milkshakes • Commercial liquid nutrition supplements • Ice cream • Sherbet • Pudding • Butter • Margarine • Salad Dressing • Sour cream • Half-and-half 	<ul style="list-style-type: none"> • Unless soaked in milk: <ul style="list-style-type: none"> • Cookies • Cake • Pie