

## CONSTIPATION

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Constipation is a condition in which you may have: fewer than three bowel movements a week; stools that are hard, dry, or lumpy; stools that are difficult or painful to pass; a feeling that not all stool has passed. A fact sheet from the NIH can be obtained [here](#). Use the information on this handout to learn options for improving your bowel pattern. Experiment to see what works best for you!

### Medical News Today: [13 Home Remedies for Constipation](#)

Excellent article which highlights 13 strategies that can help with constipation. Click the links to learn more about each of these items:

<a href="#">Water</a>	<a href="#">Fiber</a>	<a href="#">Exercise</a>	<a href="#">Coffee</a>
<a href="#">Senna</a>	<a href="#">Probiotics</a>	<a href="#">Laxatives</a>	<a href="#">Low FODMAP diet</a>
<a href="#">Magnesium Citrate</a>	<a href="#">Prebiotics</a>	<a href="#">Prunes</a>	<a href="#">Avoid Dairy</a>
<a href="#">Eat shirataki noodles or take a glucomannan supplement</a>			

### Healthline: [The 17 Best Foods to Relieve Constipation](#)

Click on the link (above) or individual links (below) to learn more about specific foods that may be of benefit. It's interesting to learn about different characteristics of foods and their potential effects.

#### Food list includes:

<a href="#">prunes</a>	<a href="#">apples</a>	<a href="#">pears</a>	<a href="#">kiwi</a>
<a href="#">figs</a>	<a href="#">citrus fruits</a>	<a href="#">spinach and other greens</a>	<a href="#">kefir</a>
<a href="#">artichoke</a>	<a href="#">rhubarb</a>	<a href="#">sweet potato</a>	<a href="#">beans, peas, lentils</a>
<a href="#">chia seeds</a>	<a href="#">flax seeds</a>	<a href="#">whole grain rye bread</a>	<a href="#">oatbran</a>
<a href="#">Jerusalem artichoke and chicory</a>			

- ❖ These foods may help with constipation by: **adding bulk, softening stool, decreasing gut transit time, and increasing stool frequency.**
- ❖ Some items on the list are higher in carbs, so beware if you are on a low carb plan.
- ❖ Strategies you could use in order to include some of these items in a lower-carb diet:
  - use these listed fruits as a dessert, after dinner, to decrease the impact on blood sugar;
  - use any of these higher-carb items at only one meal per day, preferably in the evening when you are more "insulin sensitive".
- ❖ Mostly avoid the advice to use some of these ingredients by adding to baked goods and treats; making "junk food" in order to get more of any of these items in your diet is not a good plan!

