

# Foods That Help With Constipation

## Grains



Bob's Red Mill  
Pearl Barely



Chia Seeds  
2 Tbsp



Quaker Oats Corn  
Bran Crunch



Popcorn



Kashi Flakes



Barilla White Fiber  
Noodles



Smart Balance  
Popcorn



Fiber One  
Bread

## Fruits



Dried Cranberries



Figs



Pears



Blueberries



Raspberries



Apples



Blackberries



Strawberries

## Vegetables



Corn



Carrots



Mustard Greens



Turnips



Romaine Lettuce



Green Beans



Broccoli



Green Bell Pepper

## Other



Benefiber®



FiberCel®



Metamucil®



UniFiber®



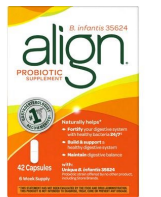
Fiber-Stat®



Regular Girl®



Culturelle®



Align®

See back for recommendations on fiber supplement use and/or talk with your dietitian.

# Treating Constipation Without Laxatives

While laxatives are helpful for short-term relief of constipation, long-term use of laxatives can lead to dependency and decreased bowel function

1. Slowly add more fiber to your diet. Adding a lot of fiber all at once can upset your stomach and cause bloating. A good rule of thumb is to increase your servings of fruits, vegetables, or other high fiber food.
2. Exercise! Moving your body can help stimulate bowel movement.
3. Use over-the-counter fiber supplements such as Benefiber, Citrucel, Metamucil, FiberStat and Unifiber. Unifiber is especially good for dialysis patients because it does not require you to take it with fluid.
4. Consider taking a probiotic such as Culturelle or Align.

## If you are on dialysis:

1. **Don't stop taking your phosphate-binders.** If the constipation is not resolved through dietary change or exercise then speak to your dietitian or doctor about changing your binder.
2. **Don't drink large amounts of prune juice.** Prune juice has a lot of potassium in it.
3. **Don't begin eating large amounts of bran or high-fiber cereals** without talking with your dietitian.

# Constipation Recipe

- 1 Cup Applesauce
- 1 Cup Unprocessed Bran
- 1/2 Cup Prune Juice

Mix together and keep in refrigerator. Take 2-3 tbsp. daily to help resolve constipation.



Although this has a few high potassium ingredients, the small quantity you take daily will not increase your potassium levels significantly.

# Fiber Supplement Tips

## Benefiber®

1 rounded tbsp. - 5g Fiber (wheat dextrin)

Stir 1 rounded tablespoon of Benefiber® into 8 oz of beverage or soft food (hot or cold). Stir well until dissolved (up to 60 seconds). 2 times daily

## FiberCel®

1 rounded tbsp. - 5g Fiber (methylcellulose)

Stir 1 rounded tablespoon of FiberCel® into 2-8 oz of beverage or soft food (hot or cold).

Stir FiberCel into soft food (ex cereal or applesauce). You can also add FiberCel to your favorite recipes. It is tasteless and doesn't change the flavor of cooked or baked foods.

## MetaMucil®

2 rounded tbsp. - 6g Fiber (psyllium husk)

Mix 2 tablespoons with 8 oz. of water

## UniFiber®

1 rounded tbsp. - 3g Fiber (powdered cellulose)

**Preparation (in a liquid):** Stir UniFiber into any beverage (water, fruit juice or milk). It is not recommended that you mix UniFiber into carbonated beverages. No minimum liquid requirement.

**Preparation (in food):** Stir UniFiber into soft food ( ex cereal or applesauce, ). You can also add UniFiber to your favorite recipes. It is tasteless and doesn't change the flavor of cooked or baked foods.

# Fiber Supplement Tips

## UniFiber®



<http://www.drnatrura.com/unifiber>

## Fiberstat®



<https://shop.specializedadultnutrition.com/p-71-fiber-stat.aspx>

## Regular Girl®



<https://www.regulargirl.com/prebiotics#products>