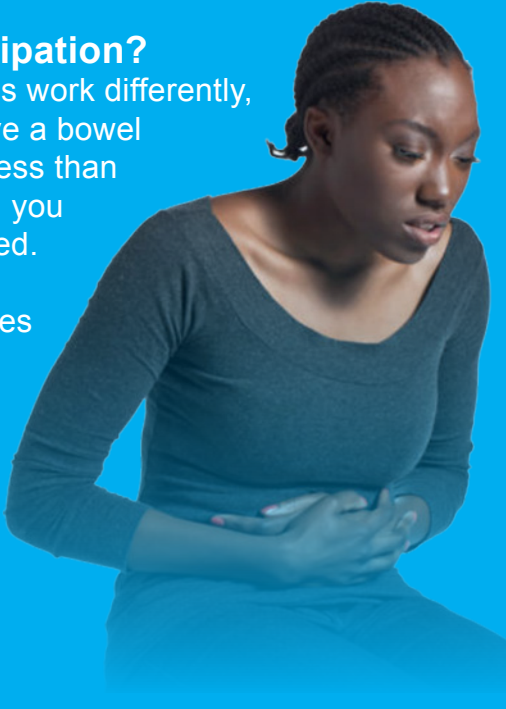


Avoiding Constipation: Staying Healthy

What is Constipation?

Everyone's bowels work differently, but when you have a bowel movement (BM) less than 3 times per week, you may be constipated.

Constipation makes you feel bad and could cause a serious problem if you don't do something to fix it.



What Can You Do to Prevent or Fix Your Constipation?

Drink Plenty of Water:

8 to 10 glasses a day is ideal



Exercise:

- Moving around helps to prevent constipation.
- Walking, going to the gym, doing sit-ups, and knee to chest stretches are just a few exercises that help keep your system going!



Eat Foods with Fiber:

WOMEN need 21 to 25 grams of fiber per day.

MEN need 30 to 38 grams of fiber per day.

You can get fiber from some of your favorite foods (such as strawberries, figs and vegetables). Refer to the chart below.

Food	Serving Size	Grams of Fiber
Fruits		
Apple (with peel)	1 medium	3
Banana	1 medium	3
Blueberries	1 cup	4
Cantaloupe	1 cup	1
Grapefruit	1 medium	3
Orange	1 medium	3
Pear (with peel)	1 medium	4
Pineapple	1 cup	2
Prunes (dried)	½ cup	6
Raspberries	1 cup	8
Vegetables and beans		
Asparagus (5 medium, cooked)	½ cup	2
Kidney beans (cooked)	½ cup	6
Pinto beans	½ cup	8
Broccoli (cooked)	½ cup	2
Carrots	½ cup	2
Cauliflower (cooked)	½ cup	2
Sweet potato, w. skin (baked)	1 medium	3
White potato, w. skin (baked)	1 medium	5
Spinach, frozen, cooked, drained	½ cup	3
Tomato	1 medium	1
Breads, cereals, grains etc.		
Rye bread	1 slice	2
White bread	1 slice	1
Whole-wheat bread	1 slice	2
Kellogg's® All-Bran (original)	½ cup	10
Kellogg's® All-Bran Bran Buds	1/3 cup	11
Quaker® Old-Fashioned Oatmeal (cooked)	1 cup	4
Wheat germ, toasted	2 tablespoons	3
Brown rice, cooked	½ cup	2
White rice, cooked	½ cup	0.3
Spaghetti, cooked	1 cup	2
Peanuts, dry-roasted	½ cup	6

Don't Fight the Urge:

- Go to the bathroom when you have the urge for a Bowel Movement. Do not hold it.
- Tell your Nurse or Doctor: If these suggestions don't help, or you are in distress, the doctor can order treatment for you.