



Nutrition for Constipation

MU Patient Education Series

Constipation is a very uncomfortable condition. The best dietary modification is adding fiber and fluid to your diet. Fiber moves quickly down your digestive tract to help lessen your constipation. It also can alleviate diarrhea. Below are tips for adding fiber to your diet:

- Slowly increase your fiber intake over the course of two or three weeks
- It is recommended that women eat 21 – 25 grams and men eat 30 – 38 grams of fiber per day
- Eat a variety of whole grains
- Try to use whole wheat flour instead of white flour
- Consume a variety of fresh fruit and vegetables
- Drink at least eight cups of water a day
- Read labels to locate foods with a high fiber content

Foods with a High Fiber Content:

- Whole grains
- Beans
- Fruits
- Dried fruit
- Vegetables
- Prunes
- Pasta
- Rice
- Oatmeal
- Legumes, nuts and seeds

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