



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY


مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Constipation Nutrition Management (High fiber diet)

Why do I get constipated?

- Being less active
- Eating less fiber or drinking less water.
- Lifestyle changes, such as pregnancy, and travelling
- Using certain medications.

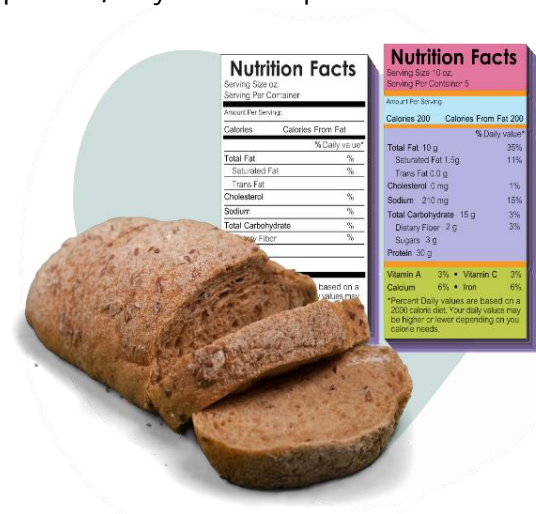
How can I prevent constipation?

- Exercise regularly.
 - By having a well-balanced diet (high in fiber).
 - Drink plenty of liquids during the day (12-10 cups of water each day).
 - Stay away from avoiding the urge to have a bowel movement.
 - Set time after breakfast or dinner for toilet visits, and make sure you make it undisturbed.
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Tips for adding fiber to your eating plan:

Including some fiber with every meal and snack playing a key role in managing constipation. Requirements of fiber will depend on several factors, such as age and gender, you may need between 25g and 35g of fiber each day. To reduce bloating and gas, ensure to increase the fiber intake gradually

- Try to include whole grain cereals and bread. Look for choices with a high percent of whole wheat, like bran, oats, or rye. Instead of white rice, have brown or wild rice, barley, grains, and quinoa.
- For finding higher-fiber options, try to compare food labels of similar food.



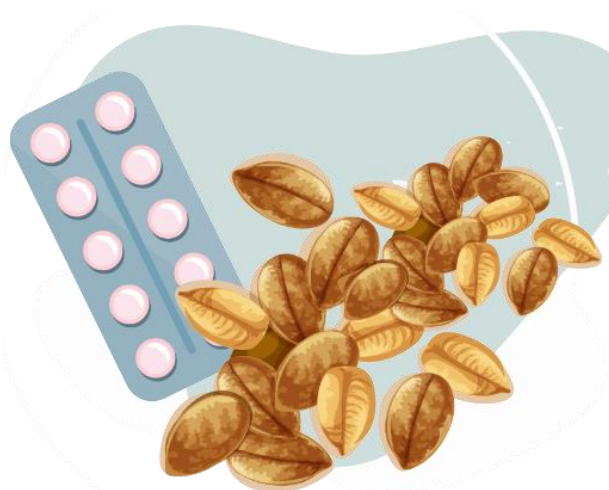
Tips for adding fiber to your eating plan:

- Bake with whole wheat flour.
- Instead of having juices, try to choose fresh fruit and vegetables
- Make sure to have vegetables and fruits with skins or peels.
- Include yogurt in your diet, it contain healthy bacteria that will improve constipation.
- Try to include foods that are natural laxatives such as figs, raisins, prunes, papaya, and prune juice.



Tips for adding fiber to your eating plan:

- Reduce processed foods, fast food, and high fat foods.
- Check with your doctor, if you are taking iron or calcium supplement, you may be able to take smaller amounts several times.
- Try to add flaxseed and unprocessed bran to your diet. Start with 1 teaspoon of bran and 1 tablespoon of ground flaxseed into applesauce or cereal.



Recommended food:

Food group	Foods with at least 4 gm fiber / serving to Choose
Grains	½ - ⅓ cup high-fiber cereals. Check nutrition facts labels and choose products with 4 g dietary fiber or more per serving.
Dried beans	½ cup cooked red beans, kidney beans, white beans, or black-eyed peas.
Vegetables	1 artichoke (cooked) , 1 medium sweet potato (baked, with skin) , 1 medium potato (baked, with skin), ½ cup green peas (cooked)
Fruits	½ cup blackberries or raspberries. 4 prunes (dried).

Recommended food:

Food group	Foods with 1-3 gm fiber / serving to Choose
Fruits	1 apple , ½ cup apricot(canned) , 1 banana , 3 dates , 1 medium figs , ½ grapefruit , 1 kiwi , 1 orange , 1 peach or ½ cups canned , ¼ cup raisins , ½ cup strawberries.
Vegetables	½ cup beets (diced, canned) , 1/2 cup broccoli , ½ cup carrots , ½ cup cauliflower , ½ cup corn , ½ cup potatoes , ½ cup spinach , kale , ½ cup sweet potatoes , ½ cup tomatoes.

Recommended food:

Food group	Foods with 1-3 gm fiber / serving to Choose
Grains	1 slice whole wheat, and cracked wheat. 2 tablespoons bran, rice. 2 tablespoons wheat germ or whole wheat flour.
Others	2 tablespoons almond or peanuts. 1 cup popcorn.

Sources and References:

- Academy of Nutrition and Dietetics , nutrition care manual 2021 – 2022
- All illustrations used are from Canva.com

Review and audit:

The content of this booklet has been written and reviewed by
Clinical Nutrition at King Fahad University Hospital.

Clinical Nutrition Department
Health Awareness Unit
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