

Constipation

Constipation, or passage of hard, dry stools, is often caused by normal body changes that happen during pregnancy. Here are some things you can do for relief.

1. Eat more high fiber foods every day. Ask the dietitian for recipes!

- Have at least 5 to 9 fruits and vegetables a day.
- Munch on raw carrots, broccoli, apples or pears for snacks.
- Select whole grain breads and cereals.
- Try a higher fiber cereal such as bran flakes.
- Eat foods made with dry and canned beans and peas.

2. Drink at least 8 glasses of fluids.

- Have 2 or 3 glasses of low-fat or fat-free milk, 1 or 2 glasses of 100% fruit or vegetable juice every day.
- Have at least 3 glasses of water every day, and more if you can.
- Limit coffee, tea and soda pop with caffeine.

3. Be active every day! Check with your health care provider.

- Walking
- Swimming
- Dancing
- Riding a stationary bicycle

4. Go to the bathroom right away when you feel the need to. Breakfast and a warm beverage will often help move your bowels.

If trying all of these tips does not relieve your constipation, talk to your health care provider. Do not take medicines, laxatives, or home remedies or quit taking your prescribed prenatal vitamins or iron pills until you check with your health care provider first!



Sample Meal Plan

Breakfast

- Bran cereal with low-fat or fat-free milk
- Whole wheat toast with peanut butter
- Apple-prune juice
- Hot cocoa made with low-fat or fat-free milk

Morning Snack

- Fresh pear or cooked prunes
- Water

Lunch

- Navy bean and ham soup
- Whole wheat crackers
- Baby carrots
- Apple
- Low-fat or fat-free milk



Afternoon Snack

- Whole grain cereal squares
- 100% fruit juice
- Water

Supper

- Baked chicken
- Tossed green salad
- Brown rice
- Whole grain bread
- Corn
- Low-fat or fat-free milk

Evening Snack

- Grapes
- Graham crackers
- Water

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