

constipation

during pregnancy

It's very common!

About half of all pregnant women have constipation.



how can I prevent or treat constipation?

Eat foods high in fiber

whole grains

- whole grain bread, crackers, rolls
- whole wheat or soft corn tortillas
- whole grain or bran breakfast cereal
- oatmeal, brown rice, whole grain pasta
- popcorn, barley, bulgur, quinoa

high fiber fruits

- pear or apple with skin
- raspberries, blueberries, strawberries
- banana, orange, avocado

high fiber vegetables

- green beans, corn, broccoli, cauliflower
- winter squash, baked potato with skin
- carrots, brussel sprouts, edamame
- spinach, collard greens, kale

dried beans

- pinto, black, navy, kidney beans
- lima beans, lentils, split peas
- hummus, garbanzo beans

dried fruits and nuts

- raisins, prunes, figs, dried peaches
- almonds, pistachios, peanuts, walnuts
- sunflower seeds

Take time!

Eat meals at about the same time each day.

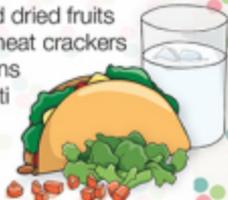
Use the toilet when you need to.



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some favorite high fiber dishes:

- cereal topped with berries
- banana slices
- mix of nuts and dried fruits
- us on whole wheat crackers
- soup with beans
- wheat spaghetti
- tomato sauce
- rich made with
- le wheat bread
- beans
- burrito on whole wheat tortilla



Drink lots of water:

- Start your day with a large glass of water.
- Take a water bottle with you during the day.
- Drink water at every meal.

Get moving

Be physically active for at least 2½ hours each week unless your doctor advises you otherwise. Include activities such as brisk walking, dancing, gardening or swimming.



- be active for at least 10 minutes at a time.
- try to be active every day.
- avoid activities with a high risk of falling or injury.

Some medications for constipation are not recommended for pregnant women.

Always consult your health care provider before taking any medications, if constipation becomes a problem or you have any other concerns.

little steps, great beginnings



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