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# BEST MEDICAL CARE, PC

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## Patient Information

### Constipation Diet Sheet:

There are scores of advertisements in the media about the use of laxatives to handle constipation, but many people find help for their problem using a few simple guidelines in their diet. Constipation may be related to your diet if you answer "No" to more than one of these questions.

1. Do you eat fruit daily?
2. Do you drink a glass of fluid at each meal and at least one glass in between meals?
3. Do you eat vegetables daily?
4. Do you use whole grain bread or cereal products daily?
5. Do you eat regularly spaced meals in a relaxed environment?

Here are some suggestions:

- Eat at least 2 servings of fruit per day with one of them being in raw form, including skins and seeds
- Eat 2 servings of vegetables per day and have raw vegetable every other day. Use raw vegetables for snacks. Some tasty vegetables include rutabagas, radishes, cabbage, carrots, celery.
- Check your fluid intake. You should be getting at least 8 cups of fluid daily including milk, water, juices, tea or coffee.
- Use whole grain breads and cereals rather than more finely ground white breads or highly milled cereals. Examples of such cereals would be bran, shredded wheat, whole grain, oatmeal and granola.
- Use baked potato, either sweet or white, rather than mashed potato. The potato skins are a good source of fiber.
- Use popcorn, nuts, and dried fruit rather than potato chips or French fries for snacks
- Plan regular meal hours, allowing sufficient time for meals.
- Eat food slowly
- Get some form of exercise daily
- Set aside a regular schedule
- Set aside a regular time each day to have access to the bathroom, when there is not rush or disruptions
- Get adequate rest
- It may be helpful to drink warm/hot beverages before going to the bathroom.
- Use fruit or fruit based foods rather than pastries, pies, cookies or cake for dessert
- Include prune juice or prunes in your diet.

**Contact your physician if constipation continues to be a problem.**

**Beans: 8-10 grams of dietary fiber per serving**  
Kidney beans, cooked -1/2 cup  
Lentils, cooked -1/2 cup  
Lima beans, cooked -1/2 cup  
Pinto beans, cooked -1/2 cup  
White beans, cooked -1/2 cup  
**Vegetables: 2-4 grams of dietary fiber per serving**  
Broccoli, cooked -3/4 cup  
Brussels sprouts, cooked -1/2 cup  
Cabbage, cooked -1/3 cup  
Carrot, raw -1 med.  
Corn -1/2 cup  
Peas -1/2 cup  
Potatoes, white -3/4 cup  
Spinach, cooked -1/4 cup  
Squash, cooked... -  
(summer or winter) -1/4 cup

**Fruits: 2-3 grams of dietary fiber per serving**  
Apple - 1 small  
Applesauce -1/2 cup  
Banana -1 med  
Black berries, fresh -1/4 cup  
Pear -1 med.  
Strawberries, fresh -3/4 cup  
Orange -1 med.  
**Bread and Starches: 1-3 grams of dietary fiber per Serving**  
Bread, whole meal -1 slice  
Bread, whole wheat -1 slice  
Crackers, graham -2 squares  
Crackers, whole wheat -6 crackers  
Muffin -1 muffin  
Popcorn, popped -1 cup

**Rice, Brown, cooked -1/2 cup**  
**Cereal: grams of dietary fiber per serving**  
Kellogg's All Bran... -  
(w/ extra fiber) -13  
Fiber One -12  
Kellogg's All Bran -10  
Nabisco 100% Bran -10  
Kellogg's Bran Buds-10  
Benefit -5  
Bran Chex -5  
Cracklin Bran -5  
Quaker Crunchy Bran -5  
40% Bran Flakes -5  
Kellogg's Nutrific -5  
Raisin Bran -5  
Quaker Oat Bran -5  
Quaker Shredded Wheat...-