

DIET RECOMMENDATIONS FOR

CONSTIPATION

Constipation is defined as bowel movements (defecation) with a frequency of fewer than 3 times a week. The faeces may be hard and dry and sometimes cause pain on evacuation.

If you have experienced a change in your bowel habits, please consult a doctor before following this advice.

You can take a series of measures to prevent constipation:

- Increase your fibre intake.
- Avoid foods without fibre, such as cheese, crisps, refined foods (commercial bakery products, instant mashed potatoes, etc.)
- Drink more liquids. Consume at least 4 more glasses of water a day.
- Exercise regularly and constantly.
- Do not resist the impulse to defecate.

HIGH FIBRE FOODS

- Greens: Artichokes, green asparagus, peas, spinach, corn, chard.
- Fruit (preferably with skin). Pears, cherries, oranges, apples, loquats, guavas.
- Vegetables: All
- Starches: Wholegrain bread, wholegrain pasta and rice, wholegrain flour, wheat bran, fibre-rich breakfast cereals, popcorn.
- Nuts.
- Linseeds.
- Fibre-rich food supplements. Always consult your doctor.

Foods that must be avoided:

Cheeses, alcoholic drinks, chocolate, very ripe bananas, drinks containing caffeine, very sugary drinks.

How to increase fibre intake?

- Consume 2 cups of fruit and 2 1/2 cups of vegetables each day.
- Replace white bread with wholegrain bread.
- Eat vegetables twice a week.
- Add a spoonful of wheat bran, linseeds or whole oats to yoghurt, fruit, shakes or other foods.
- Create new recipes that include wholegrain rice or pasta.
- Buy foods that contain at least 5g of fibre per portion.

BEFORE CHANGING YOUR DIET, PLEASE REMEMBER:

- When you first introduce fibre into your diet, you may experience abdominal discomfort, such as bloating, gases or colic. To avoid this, you must introduce the foods gradually.
- Make sure you increase your intake of liquids: this will improve your tolerance to fibre and its effectiveness.
- To reduce the discomfort caused by vegetables, follow this advice: Boil the vegetables for 3 minutes in abundant water, cover them and leave them to soak overnight. Rinse with plenty of water and cook on a low heat.