What helps with constipation?

1. **Eat foods with lots of fiber** to help you break down food. Try:
   - Fruits (apples and pears) and veggies
   - Oatmeal or whole wheat toast
   - Yogurt
   - Beans, lentils, seeds, and nuts

2. **Drink 8-10 cups of water each day.**
   Water helps to move things along.

3. **Walk for 30 minutes each day.**
   Walking helps to move things along.
   Try not to sit for too long.

4. **Eat 4-5 dried prunes each day.** Or you can drink 4 ounces, about 1/2 a cup, of prune juice. Prunes can help give you relief fast.
   If you don’t like prunes, try tamarind juice.

If your constipation won’t go away, try **fiber supplements or pills**. Pick a supplement that you can mix into your drinks. Ask your doctor about Metamucil, Benefiber or Konsyl.