

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.