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# **Nutrition to relieve constipation**

A balanced diet is recommended when the intestinal activity is slow. One reason for a disturbed intestinal function is, mostly, too little intake of dietary fiber.

## **1 Drink enough**

Recommendations for the minimum intake of fluids per day:

| Age                  | Liter per day |
|----------------------|---------------|
| 1 to under 7 years   | 1 – 1,5       |
| 7 to under 10 years  | 1,8           |
| 10 to under 15 years | 2 – 2,5       |

For example water, sparkling water, fruit tea or herbal tea, diluted fruit juices.

## **2 Eat food containing high dietary fiber**

... especially whole grain products, vegetables, legume and fruits.

Replace step by step food with low dietary fiber by food which is high in dietary fiber (whole grain products instead of white, wheat or rye bread, fruits instead of sweets, ...)

Start the dietary shift from a low to a high dietary fiber diet slowly – for example: If you are going to eat pasta, take half of the noodles containing egg and for the other half, pasta containing whole grains.

- Eat more than half of all grain products consisting of whole grains.
- Have two to three portions of vegetables per day.
- Have two portions of fruits per day.

| Food which is <u>rich</u> in dietary fiber ☺   | Food which <u>low</u> in dietary fiber ☹                                  |
|--|---|
| whole grain products, natural rice, wheat berries, potatoes  | pasta, dumplings, noodles<br>polished rice in large portions are stuffing |
| whole grain bread, „Graham“ rolls, whole grain rolls   | white bread, toasted bread, rusk, bread roll                              |
| pastries/ sweets with whole grain flour, whole grain cookies   | biscuits, pastries, cakes made from conventional flour, rusks             |
| cereals mixtures without chocolate, cornflakes, muesli bar without chocolate   | sweets, sugar and honey<br><br>chocolate – has a stuffing effect          |
| all types of vegetables – especially when you eat it raw   |   |
| all types of fruit (if the peel is edible (apple) do not remove it)<br><br>fruits that are high in dietary fiber:<br><br>soft/ berry fruits, stone fruit, kiwi, dried fruits, nuts | unripe bananas and dried blueberries - have a stuffing effect             |
|  | green and black tee, cacao - has a stuffing effect                        |

### 3 Additional nutrition steps and household remedies

- Under adequate hydration/ fluid intake: Drink kibbled linseed or Psyllium husks – one tablespoon per glass of liquid. Increase the dose slowly, added into yogurt, buttermilk or sour milk.
- Eat food containing lactic acid: yogurt, sour milk, buttermilk, kefir, sauerkraut

- Eat food containing fruit acid: orange juice, grapefruit juice, apple juice, grape juice (consumed on empty stomachs)
- Eat dried fruits (plums, figs) – soak in water during the night. The fruits as well as the water, in which the fruits are staying over the night, have a laxative effect
- Drink a glass of warm water in the morning (possible with one tablespoon –apple- cider vinegar) on empty stomach
- Use nutritional supplements: dietary fiber like Resource Optifibre® (Fa. Nestlé HealthCare Nutrition) or Stimulance® (Fa. Nutricia) – after to consult the doctor or nutritionist.

## **4 General therapy**

- Activity/sport: for example: cycling, swimming, gymnastics, long walks
- Massage the intestine – massage the lower abdomen clockwise. Before the massage, put a hand warm cherry stone pillow on the belly, so the abdomen softens.
- Train the bowel movement: use the toilet every day at the same time, for example after the breakfast, also when there is no impulse of defaecation for about ten minutes - this way your child will accustom a regularly toilet use.
- For little kids/babies: do cycling in the air