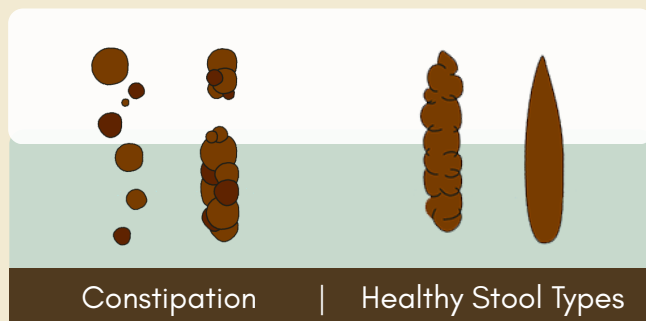


Clear the way with Dietary Fibre!

What is constipation?

Constipation is having trips to the bathroom (bowel movements) that are:

- difficult to pass
- hard, dry, lumpy
- feel incomplete
- less than 3 per week



Who gets constipated?

- **1 in 4 adults** experience **functional** constipation where there is **no medical reason**
- Occurs more common among **older people** and **women**

Why do we get constipated?

It happens naturally as we age. Some reasons may be:

- slower digestion
- less physical activity
- ignoring urges
- hormonal changes
- poor diet & dehydration
- stress

Living with constant constipation
can have major disruptions to a person's quality of life

Get things moving by building a Strong Digestive System

Probiotics need prebiotics

- Prebiotics are **non-digestible fibres** in the foods we eat that our bodies cannot breakdown
- **Good gut bacteria (probiotics)** need these fibres to grow and stay active in our digestive system
- Probiotics support **healthy digestion** and a strong immune system
- Highly processed foods that lack fibre can kill probiotics and feed bad bacteria, which make us sick

Dietary fibre forms healthy stools

- Non-digestible fibre absorbs water and forms a gel to help **soften stool**, making it easier to pass
- Fibre adds **shape and size** to your stool, which helps it move through the digestive system

Eating enough dietary fibre

- Many Canadian adults are not eating enough whole grains, vegetables and fruits, which are high sources of fibre
- Recommended is **25 grams per day for women** and **38 grams per day for men**

Build a regular routine


- Train your body to have regular bowel movements by going around **the same time every day**.
- **Listen** to your body when you have **the urge to go**. Ignoring these moments can cause things to back up, making it more difficult later

Foods that can increase Dietary Fibre Intake





Legumes	Fibre (g).per 1/2 cup
French green beans, cooked	8.3
Split peas, cooked	8.2
Lentils, cooked	7.8
Black beans, canned	7.5
Chickpeas, canned	6.3
Edamame beans, cooked	4.1
Vegetables	Fibre (g).per 1 cup
Brussels sprouts, cooked	6.4
Sweet potato, cooked	6.3
Broccoli/cauliflower, cooked	5.0
Carrots, cooked	4.8
Kale/Spinach, cooked	4.5
Okra/Corn, cooked	4.0
Fruits	Fibre (g).per fruit
Avocado	10.0
Raspberries/blackberries, 1 cup*	7.6*
Pear (Bartlett, Bosc, Anjou)	5.5
Grapefruit	5.0
Apple, medium size, with skin	4.4
Banana, medium size	3.2
Strawberries, 1 cup*	3.0*
Passion fruit/Kiwi	2.0
Whole Grains	Fibre (g).per 1/2 cup
All-Bran, Kellogg’s Original	10.0
Rolled Oats/bulgur/Barley, cooked	4.0
Whole grain crackers, 6 crackers*	2.9*
Quinoa, cooked	2.6
Brown rice, cooked, long grain	2.0
Multigrain bread, 1 slice*	2.0*
Nuts and Seeds	Fibre (g).per 1/4 cup
Chia seeds, 1 tablespoon*	5.0*
Almonds	4.3
Coconut, unsweetened, shredded	3.5
Sunflower/pumpkin seeds	3.1
Pumpkin seeds	3.0

 Slice up raw vegetables and fruits **ready to eat** to keep in your refrigerator as snacks.

 Choose whole-grain cereal or oatmeal for breakfast, and **top it** with berries or almonds.

 Look for grain products that have “whole grain” as the **first food ingredient**

 Add beans, shredded carrots, and a sprinkling of nuts and seeds to your salad.

 Include a piece of **fruit or vegetable** as part of each meal.

 Get creative and experiment with dishes that use whole grains and legumes, such as Middle Eastern cuisines.

 Make a **mindful effort** to include at least one fiber-rich foods to each of your daily meals.

Sample Menu

Add variety to your daily meal routine by switching up some of the ingredients with ones of similar fibre content!



Breakfast: 9.5g of fibre

Oatmeal with Berries and Chia Seeds

- 1/2 cup cooked rolled oats (4g)
- 1/2 tbsp chia seeds (2.5g)
- 1/4 cup raspberries (2g)
- 1 tbsp shredded coconut (1g)



Lunch: 17g of fibre

Zesty Lentil Salad

- 1/2 cup cooked lentils (7.8g)
- 1/2 avocado, diced (5g)
- 1/2 cup sweet potato, roasted (3.2g)
- 1/2 cup chopped vegetables (cucumber, bell peppers, tomatoes, onion) (2g)
- Olive oil, lemon, garlic & fresh herb dressing



Dinner: 10.5g of fibre

Stir-Fry with Brown Rice and Vegetables

- 1 cup cooked brown rice (3.5g)
- 1.5 cups mixed stir-fry vegetables (5g)
- 2 tbsp of slivered almonds (2g)
- Choice of protein
- Low-sodium soy sauce or tamari



Snack: 4.4g of fibre

Apple with Peanut Butter

- 1 medium apple - (4.4g)

Total Daily Fibre: 41.4g

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