Foods That Help With Constipation

**Grains**
- Bob's Red Mill Pearl Barley
- Chia Seeds 2 Tbsp
- Quaker Oats Corn Bran Crunch
- Kashi Flakes
- Barilla White Fiber Noodles
- Smart Balance Popcorn
- Fiber One Bread

**Fruits**
- Dried Cranberries
- Figs
- Pears
- Blueberries
- Raspberries
- Apples
- Blackberries
- Strawberries

**Vegetables**
- Corn
- Carrots
- Mustard Greens
- Turnips
- Romaine Lettuce
- Green Beans
- Broccoli
- Green Bell Pepper

**Other**
- Benefiber®
- FiberCel®
- Metamucil®
- UniFiber®
- Culturelle®
- Align®
- Regular Girl®

See back for recommendations on fiber supplement use and/or talk with your dietitian.
Treating Constipation Without Laxatives

While laxatives are helpful for short-term relief of constipation, long-term use of laxatives can lead to dependency and decreased bowel function.

1. Slowly add more fiber to your diet. Adding a lot of fiber all at once can upset your stomach and cause bloating. A good rule of thumb is to increase your servings of fruits, vegetables, or other high fiber foods.
2. Exercise! Moving your body can help stimulate bowel movement.
3. Use over-the-counter fiber supplements such as Benefiber, Citrucel, Metamucil, FiberStat and UniFiber. UniFiber is especially good for dialysis patients because it does not require you to take it with fluid.
4. Consider taking a probiotic such as Culturelle or Align.

If you are on dialysis:

1. Don’t stop taking your phosphate-binders. If the constipation is not resolved through dietary change or exercise then speak to your dietitian or doctor about changing your binder.
2. Don’t drink large amounts of prune juice. Prune juice has a lot of potassium in it.
3. Don’t begin eating large amounts of bran or high-fiber cereals without talking with your dietitian.

Although this has a few high potassium ingredients, the small quantity you take daily will not increase your potassium levels significantly.

Constipation Recipe

1 Cup Applesauce
1 Cup Unprocessed Bran
1/2 Cup Prune Juice

Mix together and keep in refrigerator. Take 2-3 tbsp. daily to help resolve constipation.

Fiber Supplement Tips

Benefiber®
1 rounded tbsp. - 5g Fiber (wheat dextrin)
Stir 1 rounded tablespoon of Benefiber® into 8 oz of beverage or soft food (hot or cold). Stir well until dissolved (up to 60 seconds). 2 times daily

FiberCel®
1 rounded tbsp. - 5g Fiber (methylcellulose)
Stir 1 rounded tablespoon of FiberCel® into 2-8 oz of beverage or soft food (hot or cold).
Stir FiberCel into soft food (e.g. cereal or applesauce). You can also add FiberCel to your favorite recipes. It is tasteless and doesn't change the flavor of cooked or baked foods.

MetaMucil®
2 rounded tbsp. - 6g Fiber (psyllium husk)
Mix 2 tablespoons with 8 oz. of water

UniFiber®
1 rounded tbsp. - 3g Fiber (powdered cellulose)
Preparation (in a liquid): Stir UniFiber into any beverage (water, fruit juice or milk). It is not recommended that you mix UniFiber into carbonated beverages. No minimum liquid requirement.
Preparation (in food): Stir UniFiber into soft food (e.g. cereal or applesauce). You can also add UniFiber to your favorite recipes. It is tasteless and doesn't change the flavor of cooked or baked foods.

Fiber Supplement Tips

UniFiber®
http://www.drnatura.com/unifiber

Fiberstat®

Regular Girl®
https://www.regulargirl.com/prebiotics#products

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