










# FOODS TO MANAGE CONSTIPATION

<input type="checkbox"/>  <b>Whole Grains</b>	<input type="checkbox"/>  <b>Beans &amp; Lentils</b>	<input type="checkbox"/>  <b>Fruits</b>
<input type="checkbox"/>  <b>Vegetables</b>	<input type="checkbox"/>  <b>Nuts &amp; Seeds</b>	<input type="checkbox"/>  <b>Whole Wheat Products</b>
<input type="checkbox"/>  <b>Prunes &amp; Prune Juice</b>	<input type="checkbox"/>  <b>Popcorn</b>	<input type="checkbox"/>  <b>Dried Fruit</b>
<input type="checkbox"/>  <b>Warm Beverages in the A.M.</b>	<input type="checkbox"/>  <b>High Fiber Cereal</b>	<input type="checkbox"/>  <b>Fluids</b>

Stay well  
**HYDRATED**  
by drinking at  
least 8-10 cups  
of liquid daily

Slowly  
**INCREASE  
YOUR FIBER**  
intake to 25-35  
grams daily

Eat  
**REGULAR  
MEALS**  
at about the same  
time each day

Include regular  
**PHYSICAL  
ACTIVITY**  
as able