

# MANAGING CONSTIPATION FOOD GUIDE

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## Managing Constipation FOOD GUIDE

### MAXIMIZE

#### VEGETABLES



- Broccoli, Cauliflower
- Carrots (raw)
- Spinach
- Sweet potatoes w/skin
- Artichokes
- Kale, Collard greens
- Brussels sprouts
- Zucchini
- Cabbage
- Green peas

#### FRUITS



- Pears, Passion fruit
- Apples w/skin
- Pears w/skin
- Dried Figs
- Oranges
- Berries (raspberries, blackberries, blueberries, strawberries)
- Eels

#### LEGUMES



- Navy beans
- Adzuki beans
- Pinto beans
- Black beans
- Kidney beans
- White beans (small)
- Mung beans
- Chickpeas
- Split peas
- Lentils

#### GRAINS



- Eye bread
- Whole grain pasta
- Spelt, Bulgur
- Brown rice
- Oats (rolled or steel-cut)
- Quinoa
- Corn Noodles, Barley
- Air-popped popcorn
- Bulkhead grains
- Oat bran

### MINIMIZE

#### PROCESSED & PACKAGED FOODS



- Fast-foods
- Processed meats (hot dogs, sausages)
- Baked goods (w/refined flour)
- Snack bars
- Chips
- Packaged cookies, cakes
- Frozen meals

#### SUGARY FOODS & DESSERTS



- Cakes
- Pastries, Croissants
- Heavy (butter-based) cookies
- Ice cream
- Sugary cereals
- Candy
- Chocolate bars
- Other sweets

#### RED MEATS



- Beef
- Pork
- Lamb
- Veal
- Processed red meats (hot dogs, Salami, Pepperoni, Deli meats (bacon or pork))

#### REFINED GRAINS



- White bread products (bread, muffins, bagels)
- White pasta/low flour instant oatmeal
- Corn flakes
- Low-fiber crackers
- Processed breakfast cereals



# Guide To Constipation

**D Kirk**



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