

CONSTIPATION DIET TIPS

Want to work with a Dietitian? Schedule a free 30-minute discovery call with Danielle Starmer, RD LDN at www.starmernutrition.com

If you suffer from constipation, a bowel routine may help. Having a bowel routine will help keep your movements regular. Constipation may be a side effect of various things, such as pain or other medications, drinking less fluid (often necessary while on dialysis), being less active, not eating enough fiber, and eating less than normal.

Nutrition and Lifestyle Tips for Constipation

- Sit on the toilet at around same time every day (about 30 minutes after a warm beverage, breakfast, or a hot bath or shower). Make sure to relax and give yourself time even if you do not feel like you need to have a bowel movement. Try not to strain.
- Walk or do light stretches after each meal.
- Do not ignore signals that you need to go!
- Try sitting with a stool or box at the base of the toilet so that your knees are above your hips slightly. This is the best positioning for a bowel movement.
- Increasing fiber in your diet may help relieve constipation. The recommended daily fiber intake for most people is around 30 grams per day. Increase your fiber intake slowly to avoid feelings of bloating. High fiber foods that are safer for dialysis include:
 - Fruits: raspberries, blackberries, pears, apples, strawberries, blueberries, oranges, cranberries, cherries, peaches, rhubarb.
 - Vegetables: Broccoli, cauliflower, zucchini, carrots, corn, cabbage, sweet potatoes, aubergines, endive, squash.
 - Pulses: Peas (frozen or from the jar), green and yellow beans.
 - Grains and grain products: Whole-grain is higher in fibre content than refined grains, but also contains more phosphate. It is still preferable, as the human body can only partly digest this form of phosphate. It can absorb only 40–60% of the “unwanted” phosphates in these foods.

Remember that what works for others may not work for you. For personalized nutrition counseling and support, schedule a free discovery call with Registered Dietitian Danielle Starmer today at www.starmernutrition.com