

Staying Regular

Provided by your Neighborly Care Network Dietitian

Staying regular means avoiding constipation!

About 20 percent of older persons suffer from constipation.

Why is constipation a concern?

Over time, constipation can result in hemorrhoids, diverticulosis, and the inability to have a bowel movement.

What causes constipation?

You may find yourself becoming constipated if you:

- overuse laxatives
- have limited physical activity
- do not drink enough fluids
- do not eat enough fiber
- take certain medications

How can I prevent constipation?

- Stay physically active.
- Eat foods with fiber every day.
- Drink 6-8 cups of non-alcoholic beverages every day.
- Use a fiber supplement if you are not able to eat enough dietary fiber every day. Talk to your doctor before using fiber supplements.

What foods contain fiber?

- Whole grain cereals
- Bran muffins
- Whole wheat bread
- Fruits and vegetables
- Popcorn
- Nuts
- Beans