

Prepared For:		Date:	
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Constipation Meal Planning Tips

The following may help relieve constipation:

- Drink a hot beverage or eat hot cereal first thing in the morning.
- Add unprocessed bran to foods. Start with 1 teaspoon bran added to cereal.
- Add flaxseed to foods. Start with 1 tablespoon ground flaxseed or flaxmeal added to cereal or applesauce.
- Eat a few dried or stewed prunes or drink prune juice.
- Slowly increase the amount of fiber that you eat. Over the span of a few days, you should increase fiber by no more than 5 grams (g).
- Talk with your health care team about the use of stool softeners and laxatives.

Sample 1-Day Menus

Day 1

Meal	Menu	Fiber
Breakfast	4-inch bagel with 2 tablespoons peanut butter	3.9 grams
	1 medium banana	3.1 grams
Lunch	Grilled chicken sandwich with lettuce	1.3 grams
Snack	Apple	2.5 grams
Evening Meal	5 ounces baked fish	2.3 grams
	Baked potato (no skin)	2.0 grams
	½ cup green beans	
Total daily fiber	15.1 grams	

Day 2

Meal	Menu	Fiber
Breakfast	1 cup Cheerios with skim milk ½ cup fresh or frozen blueberries	2.8 grams 2.5 grams
Lunch	Tuna salad on whole wheat bread Chips Apple	3.8 grams 1.2 grams 2.5 grams
Snack	Cereal bar	2.1 grams
Evening Meal	4 ounces baked chicken ½ cup brown rice ½ cup steamed broccoli	1.8 grams 2.6 grams
Total daily fiber	19.3 grams	

Day 3

Meal	Menu	Fiber
Breakfast	1 cup oatmeal with ¼ cup raisins 1 sliced orange	5.0 grams 4.3 grams
Lunch	Toasted cheese sandwich on 2 slices whole wheat bread 2 slices tomato Apple	3.8 grams 0.6 gram 2.5 grams
Snack	½ cup whole grain cereal (such as Total Raisin Bran) mixed with 1 cup yogurt	2.5 grams
Evening Meal	4 ounces steak ½ cup canned corn 10 baby carrots ½ cup brown rice	1.6 grams 2.9 grams 1.8 grams
Total daily fiber	25.0 grams	

Day 4

Meal	Menu	Fiber
Breakfast	½ cup shredded wheat and ⅓ cup bran buds with skim milk 4 ounces orange juice	15.6 grams 0.25 gram
Lunch	Grilled chicken on 2 cups lettuce Hard roll ¼ cup green beans	1.0 gram 0.5 gram 1.0 gram
Snack	Trail mix (¼ cup nuts, ¼ cup raisins, ½ cup pretzels)	4.4 grams
Evening Meal	Shrimp stir-fry (1 cup shrimp, 1 cup mixed vegetables) 1 cup white rice	6.0 grams 3.5 grams
Total daily fiber	29.35 grams	

Day 5

Meal	Menu	Fiber
Breakfast	2 whole grain waffles with syrup ½ grapefruit	4.0 grams 1.7 grams
Lunch	1 cup lentil soup Turkey sandwich on a whole wheat bun Pear	7.0 grams 3.2 grams 2.5 grams
Snack	3 rye crackers Slice of swiss cheese ½ cup baby carrots	5.0 grams 1.8 grams
Evening Meal	2 cups pasta with ½ cup marinara sauce 1 cup spinach salad 1 cup strawberries	6.8 grams 0.7 gram 3.0 grams
Total daily fiber	35.7 grams	

Notes