



# Feeling a Little Irregular?

Pain medicines, changes in your eating habits, and being less active can cause your bowels to move less often and stools to become harder to pass (constipation). If you have constipation, try eating high-fiber foods that can stimulate your bowels to move. In addition, drink plenty of fluids during the day, eat at regular times, and increase your physical activity.

## WHAT TO DO

- Try to eat at the same times each day.
- Try to have a bowel movement at the same time each day to establish regularity.
- Drink 8 to 10 cups of liquid each day. Try water, prune juice, warm juices, teas, and hot lemonade.
- Eat high-fiber and bulky foods, such as fruits and vegetables (raw and cooked with skins and peels on), whole grain breads and cereals, popcorn, and beans. Add these slowly to your diet to avoid bloating and gas.
- Eat a breakfast that includes a hot drink and high-fiber foods.
- Increase your physical activity, as tolerated.
- Contact your doctor if you have not had a bowel movement for 3 days or longer.

## HIGH-FIBER FOODS TO CHOOSE MORE OFTEN

	Food Groups	Serving Size	Fiber (grams)
Vegetables	broccoli	1/2 cup	4
	brussels sprouts	1/2 cup	3
	carrots	1/2 cup	2
	corn	1/2 cup	5
	green peas	1/2 cup	3
	potato with skin	1 medium	3
Fruits	apple with peel	1 medium	4
	banana	1 medium	2
	blueberries	1/2 cup	2
	pear with skin	1 medium	5
	prunes	3	3
	orange	1 medium	3
	raisins	1/4 cup	3
	strawberries	1 cup	3
Breads and Cereals	bran cereals	1/2 cup	3-13
	popcorn	2 cups	5
	brown rice	1/2 cup	6
	whole wheat bread	1 slice	1-2
	whole wheat pasta	1/4 cup	6
	wheat bran	1/4 cup	6
Legumes	kidney beans	1/2 cup	8
	navy beans	1/2 cup	9
	nuts	1 oz	3

*This information was adapted from guidelines developed by the American Cancer Society. For more information about constipation, visit [www.acs.org](http://www.acs.org).*

Information provided on irregularity is for general knowledge only and is not intended to provide personal medical advice or substitute for the advice of your physician. Always consult with your physician or healthcare provider if you think you may have irregularity.

For more information about fruits, vegetables, and physical activity, visit us at [www.cachampionsforchange.net](http://www.cachampionsforchange.net) or call 1-888-328-3483. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

*Take Action! Feeling a Little Irregular?*