



Top 4 Food & Drinks to Avoid when Constipated

What is Constipation?

Constipation occurs when you have less frequent bowel movements than usual. This can lead to stools that are hard and dry, making them difficult to pass.

Signs & Symptoms



You might experience **bloating** and **pain**, or find yourself **straining** when trying to have a bowel movement.

You may be constipated for many reasons, especially if you've changed your routine and are traveling. If you're frequently backed up, consider reviewing your lifestyle and eating habits.

Food & Drinks to Limit when Constipated

- 01** **Highly processed foods:**
Low in fibre (e.g., donuts, fries, chips, prepared/frozen food e.g. pizzas)
- 02** **Refined Grains:**
Lacks germ and bran (e.g., white bread, rice)
- 03** **Sugar-Sweetened Foods**
Alters gut microbiome (e.g., sweets, sodas)
- 04** **Dairy**
Low fibre (e.g., sour-cream, ice cream, milk, cheese)

Foods to Enjoy More Often

- 01** **Whole Grains**
Quinoa, brown rice
- 02** **Nuts & Seeds**
Almonds, chia, flax seeds
- 03** **Fruits & Vegetables**
Broccoli, carrots, berries
- 04** **Legumes**
Beans, lentils

While avoiding certain foods when constipated may help relieve constipation along with other lifestyle strategies, sometimes medications are necessary. Below are laxatives with varying functionalities that may help:

- Stimulant laxatives:** Did you know that there are so many neurons in your gut that it is sometimes called a second brain? Just like caffeine gives the brain an energy boost, these laxatives help stimulate the gut muscles to move waste through the gut.
- Osmotics:** These laxatives hydrate the colon. This makes it easier for the stool to move through when it has pushed forward by the gut muscles.
- Bulk-forming laxatives:** Often sold as powders that are stirred into a glass of water, these products add more mass to the stool, making it softer and easier to pass.
- Stool softeners:** These laxatives help the stool absorb more water, making it softer. Rather than being hard and pellet-like, the stool becomes softer and squishier making it easier to expel.

These products may not be right for you. Always read and follow the label. Consult your HCP for more help.



References:

- [1. https://medlineplus.gov/ency/patientinstructions/000120.htm](https://medlineplus.gov/ency/patientinstructions/000120.htm)
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- [3. https://food-guide.canada.ca/en/healthy-eating-recommendations/limit-highly-processed-foods/](https://food-guide.canada.ca/en/healthy-eating-recommendations/limit-highly-processed-foods/)
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- [6. https://www.niddk.nih.gov/health-information/digestive-diseases/constipation/treatment](https://www.niddk.nih.gov/health-information/digestive-diseases/constipation/treatment)
- [7. https://www.mayoclinic.org/diseases-conditions/constipation/in-depth/laxatives/art-20045906](https://www.mayoclinic.org/diseases-conditions/constipation/in-depth/laxatives/art-20045906)

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