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fruit and vegetables nature's laxatives

*diet and lifestyle in the
management of constipation*





constipation

- Humans have been plagued by constipation for centuries.
- For over 2000 years foods have played an important role in treating a range of symptoms and diseases.
- Some foods known to help relieve the symptoms of constipation include fruit, vegetables, wholegrain products such as bread, cereals and also fluid.
- This booklet will concentrate on fruit and vegetables which are high in fibre.

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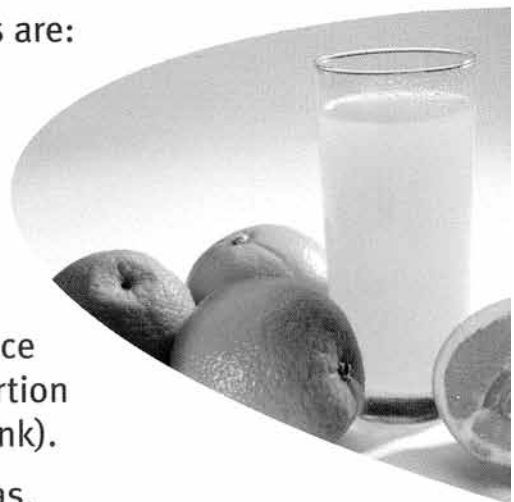
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are you having five portions of fruit and vegetables?

- Aim to eat at least 5-portions of a variety of fruit and vegetables a day.
- Fresh, frozen, canned, 100% juice and dried fruit all count towards 5-a day.
- Fresh, frozen, canned and 100% vegetable juice all contribute to 5-a day.
- A portion is equivalent to 80g (3oz).

Some examples of portion sizes are:

- 2 florets of cauliflower.
- 1 medium pear.
- 1 medium banana.
- 1 medium apple.
- 1 medium glass of orange juice (juice can only count as 1 portion a day, however much you drink).
- 2 heaped tablespoons of peas.



prunes

- Prunes are dried plums which have a mild laxative effect.
- Dried prunes contain approximately 6g of fibre per 100g.
- Prune juice is also an effective laxative.
- Prunes are also high in potassium which is good for your health.
- You can add prunes to your breakfast cereal or have prunes as a snack.

kiwifruit

- Kiwifruit is a tasty fruit high in vitamin C that also helps you pass stools more easily.
- Kiwifruit is soft and tangy and can be eaten as a healthy snack.
- Two kiwifruits contribute to one of the recommended 5-portions of fruit and vegetables per day.

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milk jelly and fruit

¼ pack of jelly

¼ pint milk

fruit (tinned in own juice or fresh), chopped.

method,

- 1** Melt jelly with a little water,
- 2** Make up to ¼ pint with milk,
- 3** Pour into serving dish and add fruit,
- 4** Refrigerate until set.



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vegetable risotto (serves 3)

1 onion, chopped

1 tablespoon oil

1½ mugs wholegrain (or brown) rice, easy-cook or risotto rice

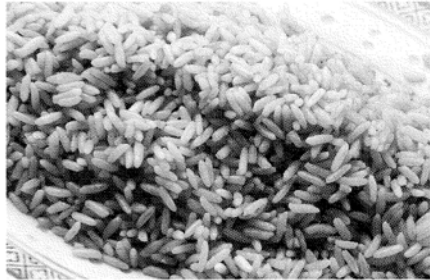
1 carrot

1½ leeks, sliced

8 mushrooms

1 tin tomatoes

grated cheddar cheese for topping.



method,

- 1** in a large pan fry the onions in oil until soft,
- 2** add rice and cook for 2 mins,
- 3** add tomatoes and all the chopped vegetables to the rice and pour over 1 pint boiling water,
- 4** boil the mixture until the water is absorbed
- 5** add 1 more pint of water, stir until bubbling. Reduce heat to low and cover pan with lid
- 6** cook for 25-30 mins, until rice is tender, stirring occasionally. Season and sprinkle with the grated cheese.

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compote of dried fruits (serves 2-3)

1 (250g) packet dried fruit salad (ready to eat)

5fl oz (150ml) orange juice

1 teaspoon honey (optional)



method,

- 1** place all ingredients in a pan, bring to the boil and simmer for 10 mins,
- 2** cover and leave to cool.

Lovely eaten for breakfast topped with plain yogurt or as an accompaniment to high fibre cereals e.g. Weetabix or Bran Flakes.

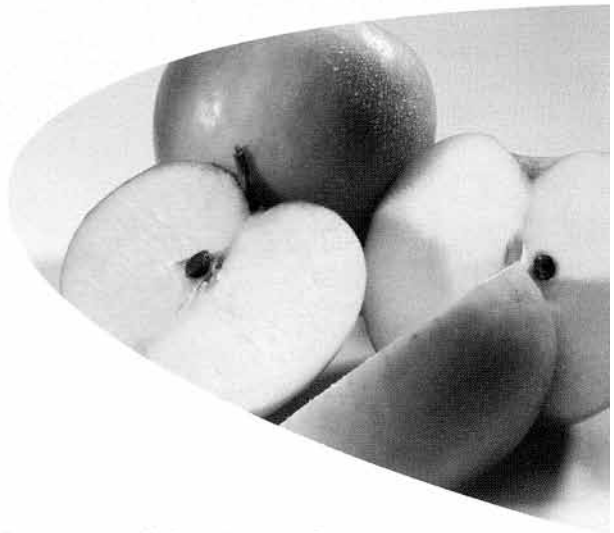
apple and cheese toast

1 thick slice of bread (granary or wholemeal)

½ eating apple, grated

2oz (50g) cheese, grated

pinch of mustard powder (optional)



method,

- 1** toast bread,
- 2** meanwhile, combine the rest of the ingredients in a bowl,
- 3** place the topping onto the toast (use a fork to press it down),
- 4** grill until cheese is melting and golden brown.

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