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fibre and constipation

*diet and lifestyle in the
management of constipation*



what is fibre?

It's the part of plant food that is not digested by you, it stays in your bowel and provides food for your 'friendly' bowel bacteria. Fibre adds bulk to your stools which helps your bowels work well.



where do you find fibre?

- **Fruit:** dried, fresh and tinned (own juice), fruit juice.
- **Vegetables:** fresh, frozen and tinned.
- In **wholemeal** or **whole wheat** bread and wholemeal flour.
- **Cereals:** All Bran, Bran Flakes, Weetabix, Shredded Wheat, Muesli, Porridge.
- Brown rice, pasta or spaghetti.

Cereals high in fibre are an excellent way to start the day, choose a variety so you don't get bored of just one.

When shopping, look for foods that contain more than 3g fibre per 100g.

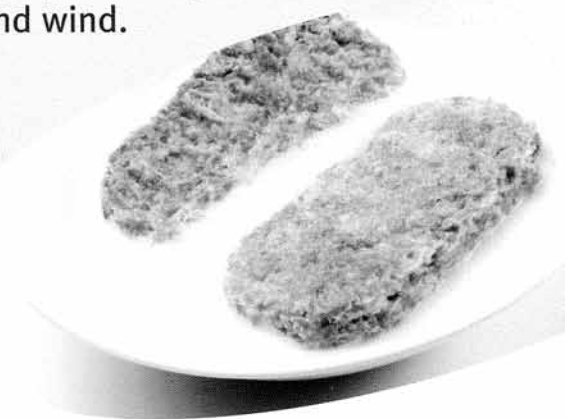
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what are the benefits of fibre?

- Fibre **prevents** constipation and maintains a healthy bowel.
- Can encourage the growth of friendly bacteria in the bowel.
- Fibre helps with **weight loss**: fibre is filling, but not fattening.
- Fibre needs fluid to work effectively.
- Increase your fibre gradually as it may initially cause bloating and wind.



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Remember you can help your constipation by:

- Being more active: remember to drink more.
- Drinking plenty of fluid: about 8-10 cups per day – try soft drinks and not too much strong tea or coffee.
- Eating more fibre rich foods such as wholegrain breads, cereals and porridge: remember to drink plenty.



- Eating more fruit and vegetables.
- Listening to your body: go to the toilet when it tells you to and leave enough time for toileting.

You may find you have some bloating and wind at first – but as your bowel becomes used to the extra fibre this will settle down.

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