

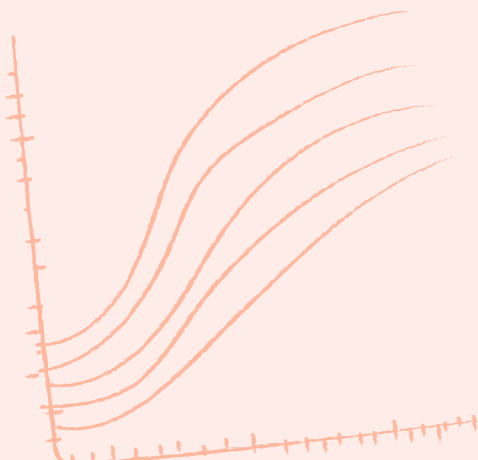
## TAKE CARE, CONSTIPATION

*The reason, treatment  
and impact of constipation*

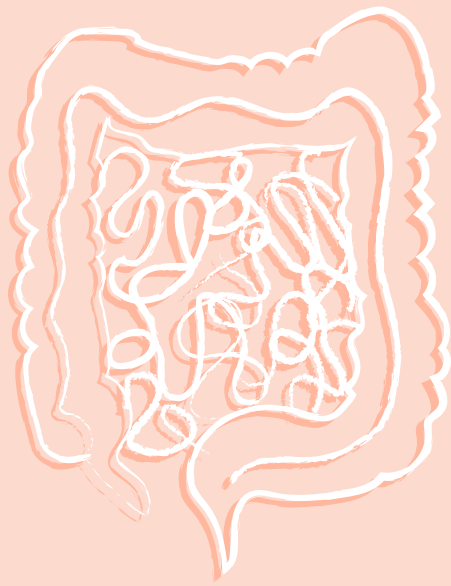


- Constipation may be defined as having difficulty passing soft stools.
- Having stools less frequently may also be considered constipation.
- Other characteristics include dry or hard stools, or ones that cause pain.
- If stooling is uncomfortable or painful for the child, it is very common for them to avoid or withhold from passing stool to prevent these feelings.

- Other circumstances like changes in routine or the child's diet can impact stooling.
- Possible examples:
  - Switching to cow's milk
  - Introducing solids
  - Change in travel, stress, illness or when potty training begins



- When constipation goes untreated - it may impact eating and overall growth.
- This can include weight loss or a poor growth pattern along with a decrease in their appetite which could lead to eating less and stomach pains.



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- **Fiber intake is important. Foods high in fiber include flaxseeds (1 tablespoon) added to applesauce, oatmeal, yogurt, or smoothies, fruit (dried: prunes, raisins, dried cranberries) and vegetables with skin.**
- **Staying hydrated can also help with moving stool through the body:**
  - Drinking a hot beverage in the morning
  - Other examples include water or milk or broth

## S A M P L E M E N U

One option for each meal will provide enough fiber

### BREAKFAST

- Two whole grain waffles with syrup
- One cup oatmeal with raisins
- Greek yogurt with whole grain granola or nuts

### LUNCH

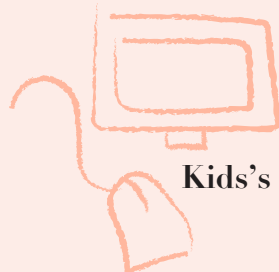
- Tuna sandwich on wheat or whole grain bread
- Turkey sandwich on wheat or whole grain bread
- Quinoa salad with vegetables and beans

### DINNER

- Four ounces baked chicken with  $\frac{1}{2}$  cup of veggies such as broccoli or brussel sprouts
- Bean salad with chickpeas, quinoa and vegetables

### SNACKS

- Apple, pear, or banana
- Trail mix -  $\frac{1}{4}$  cup nuts,  $\frac{1}{4}$  cup raisins,  $\frac{1}{2}$  cup pretzels
- One cup of air-popped popped corn



Want more information? Check these out.

Kids's Health: <https://kidshealth.org/en/parents/constipation.html>

EatRight: <https://www.eatright.org/for-kids>