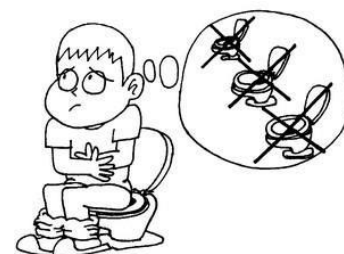


DIET FOR CONSTIPATED CHILDREN

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Take regularly*	Avoid / restrict to occasional use
<ul style="list-style-type: none"> ➤ Plenty of water ➤ Other fluids –fruit juices with snacks and buttermilk, soups etc. with meals ➤ Green leafy veg e.g. spinach, fenugreek ➤ Salads – cucumber, carrot, cabbage ➤ Other vegetables – e.g. cauliflower, okra, French beans, peas, onions ➤ Soft fruits – bananas, cantaloupe, papaya, soft pears ➤ Sprouted grains ➤ Whole wheat flour instead of refined flour ➤ Dates, raisins, dried apricots, soaked in warm water ➤ Oats cooked with water 	<ul style="list-style-type: none"> ➤ Refined flour – bread, biscuits, pasta, noodles, pizza, cakes, nans etc ➤ Cornflour-based gravies or soups ➤ Caffeine containing food – tea, coffee, coffee-flavored toffees, ice cream or pastries ➤ Cocoa – chocolate containing products ➤ Apple, pomegranate ➤ Colas e.g. Coca Cola, Pepsi

* These are to be individually adjusted depending on any food allergies in every child

Other important points:

- Set aside 10-15 min of morning time for your child to pass stools before leaving for school; bowel movement can be encouraged by giving your child a cup of warm water with 1 tsp honey and some lemon juice.
- Make sure the toilet is comfortable for your child to use – adequate lighting and ventilation, clean smell, and appropriate seat size
- Giving a soft fruit like banana 1st thing in the morning, just after brushing teeth, may also help stimulate the bowels followed by a “tea” made with hot water, ginger and honey in the morning will help stimulate bowel movement