

Meal ideas

Breakfast

- High fibre breakfast cereal such as weetabix, shreddies or porridge with a handful of dried fruit or chopped fresh fruit
- Slice of wholemeal, granary or half white half whole grain toast

Lunch

- Baked beans served on wholemeal, granary or half white half wholegrain toast.
- Lentil soup served with wholemeal, granary or half white half wholegrain bread.
- Tuna salad sandwiches made with wholemeal, granary or half white half wholegrain bread.

Dinner

- Chilli con carne made with kidney/baked beans and served with brown rice
- Chicken, vegetables and boiled potatoes with the skins left on
- Spaghetti bolognese served with wholegrain spaghetti
- Dahl with wholegrain chapattis.

Puddings

- Fruit salad topped with yoghurt
- Milky pudding served with fresh chopped fruit/handful of dried fruit

Snacks

- Fresh fruit
- Chopped vegetables such as carrot, celery and peppers served with dips

- ✓ **Remember to aim for at least 6-8 drinks per day**

Constipation- Dietary Advice for Families



Dietitian _____

Contact _____

What is constipation?

- Constipation is common in children
- It is the infrequent passage of dry, hard stools, often accompanied by straining or pain
- In addition, soft or liquid stools may leak from the bowel at inappropriate times

What are the nutritional causes of Constipation?

- Not eating enough fibre
- Not drinking enough
- Poor dietary intake



How to increase dietary fibre:

- Choose whole meal, granary or even half white half wholegrain varieties of bread/rolls
- Use higher fibre breakfast cereals such as Weetabix, Shreddies, porridge/Ready Break or any others that are labeled as whole grain
- Choose wholegrain pasta or rice or mix some into the white varieties
- Eat more fruit and vegetables - try soups, raw vegetables, fruit salads or dried fruit. Remember fruit juices and smoothies do not contain fibre
- Include pulses in meals, e.g. lentils in soups, stews & curries; kidney beans or baked beans in chilli
- Leave skins on fruit and on potatoes when boiling, roasting & baking
- Use wholemeal flour in baking where possible & offer baking that contains dried fruit or oats, e.g. flapjacks, carrot cake, fruit loaf, scones

How to increase fluid intake:



- Not drinking enough fluids can lead to hard stools which are difficult to pass
- Increasing fluid as well as fibre can help to make it easier to pass stools
- Aim for 6-8 drinks per day (more may be needed in hot weather or after lots of physical activity). Water or sugar free diluting juice is best

Be aware that large volumes of milk or fruit juice can reduce your child's appetite so they may eat less food, increasing the risk of constipation.
Limit drinks of milk to about 300mls per day.

Poor dietary intake?

- Offer regular meals & snacks
- Restrict biscuits, sweets and crisps especially as snacks between meals
- Always make time for breakfast and include fruit and/or wholegrain bread or cereals
- Try wholegrain cereal as a bedtime snack
- All children under the age of 5 years should take **Healthy Start Vitamin drops daily** – Ask for them at your local chemist

Physical activity is important and helps to stimulate the bowel, it is important to encourage your child to play outside, swim, walk, or play team games regularly

