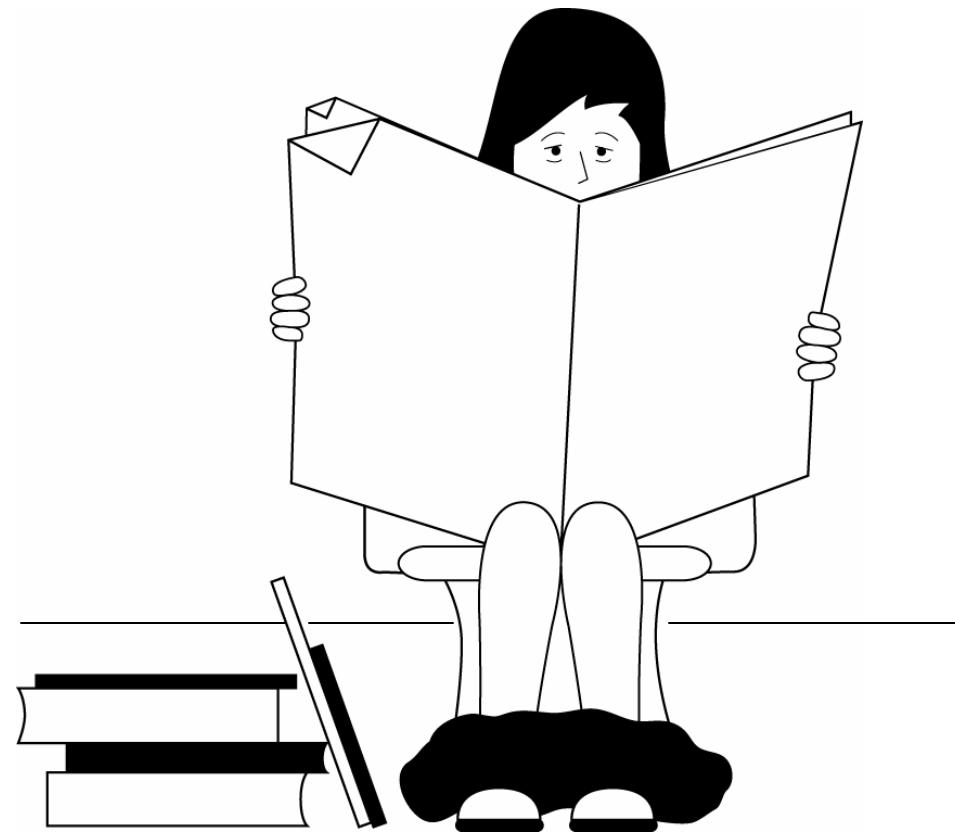


# Coping with constipation

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Eat healthy, exercise and be more comfortable!



**2006 Healthy Start for Mom & Me**

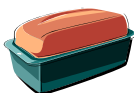
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## Constipation

Many women have constipation in pregnancy. Constipation means passing hard, painful stools. If you have constipation, try these helpful tips!

### 1. Eat more high fibre foods.

- fruits and vegetables with skin (fresh, frozen, canned)
- dried fruit (prunes, raisins, apricots)
- popcorn—have homemade popcorn as a snack (see recipe)
- beans, lentils or chickpeas (add to soup, chili or rice)
- brown bread (100% whole wheat) instead of white bread
- oatmeal (enjoy this hot cereal for breakfast or anytime)
- bran—put some on your favorite cereal or make bran muffins (see recipe)
- brown rice and pasta (choose these instead of white)
- whole wheat flour (use instead of white flour in baking)



### 2. Drink at least 8 cups of fluid per day.

#### Best choices

water  
milk



#### Other good choices

prune juice  
other non-caffeinated drinks



### 3. Start moving!

Light exercise can help with constipation, try going for a walk every day.

#### DID YOU KNOW?

**Using laxatives during pregnancy can be harmful to the baby.  
Talk to your doctor before taking any medication.**

## Recipes



### Homemade Popcorn

1. Heat 1 tsp. oil on medium heat in a large saucepan.
2. Place ¼ cup popcorn kernels into saucepan and cover with lid.
3. Shake pot gently over element until popping stops.

### Raisin Bran Muffins

1. Pre-heat oven to 350° F
2. Pour ½ cup boiling water over ½ cup raisins. Set aside.
3. Mix together dry ingredients:
  - 1 cup whole wheat flour
  - 2 ¼ cups natural bran
  - ¼ cup brown sugar
  - 1 teaspoon. baking powder
  - 1 teaspoon. baking soda
  - 1 teaspoon. cinnamon



In a separate bowl

4. Beat together wet ingredients:
  - 1 egg
  - 1 cup milk with 1 tablespoon vinegar
  - ¼ cup oil



5. Stir dry ingredients into wet ingredients, add raisins and water, and mix just until moistened.
6. Bake in greased muffin tins for 20 minutes.

Makes 12 muffins!

Enjoy!

