

Constipation

During Pregnancy



Many women experience constipation during pregnancy because food passes through their bodies more slowly. Constipation means having hard, painful bowel movements.

To help with constipation, try eating more fibre. Fibre can help increase the speed that food passes through your digestive system and can make it easier to have a bowel movement. Slowly increase the amount of fibre you eat every day to avoid gas and bloating.

Eat More Fibre

Vegetables and fruits with skin

Keep the skin on when eating fruits and vegetables. Try fresh, frozen or canned.

Good options are carrots, broccoli, cauliflower, peppers, apples, pears raspberries, or blackberries.



Beans, lentils or chickpeas

Add these to soup, chili, or rice.

Try hummus and veggies as a snack or adding it to sandwiches and wraps.



Grains with more fibre

Try brown rice and whole wheat pasta instead of white.

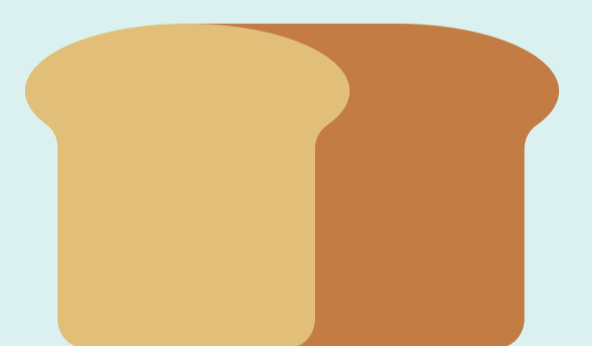
Try barley or quinoa for something different.



Whole wheat

Choose whole grain breads that have at least 2 grams of fibre per slice.

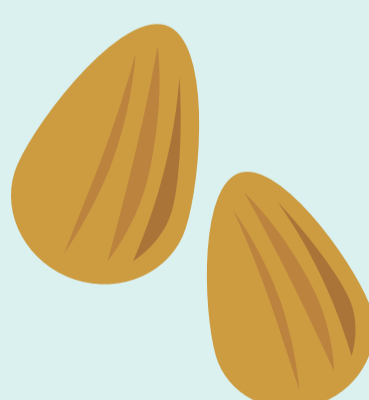
Use whole wheat flour instead of white in baking.



Snacks with more fibre

Try a handful of nuts or seeds as a snack.

Have homemade popcorn. Limit added butter or salt.



Breakfast with more fibre

Choose a high fibre cereal that has 4 or more grams of fibre per serving.

Try oatmeal for breakfast or a snack (see the recipe on the back)!



Dried fruit

Try prunes, raisins, or dried apricots. Enjoy them on their own or add to cereal or trail mix.

Bran or ground flaxseed

Add bran or ground flaxseed to your favourite cereal or make bran muffins.

Did you know? Pregnant women need 28 grams of fibre everyday.



Easy Oatmeal For One



STOVE TOP

1. In a pot bring 1 cup of water or milk to a boil.
2. Stir in 1/2 cup of quick oats.
3. Return to a boil and reduce heat to low.
Cook uncovered for 3 to 5 minutes. Stir often.
4. Remove pot from the stove top and cover.
Once desired thickness is reached, remove cover and serve.

MICROWAVE

1. In a bowl combine 1 cup of water or milk and 1/2 cup of quick oats.
2. Microwave on high for 40 seconds then stir.
Return to microwave for 40 more seconds.
3. Remove from microwave and cover.
When desired thickness is reached, remove cover and serve.

For extra flavour, mix in fruit (shredded apple or sliced banana), dried fruits like raisins, or yogurt.

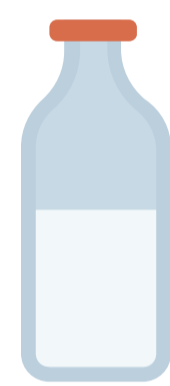
Top Tip! If you start eating more fibre, make sure to drink extra fluids like water or milk!

Fluids

Fluids work with fibre and help with digestion. It is also important to stay hydrated when you are pregnant. You need 9 cups of fluid per day from drinks and food.



Best choices
water or milk



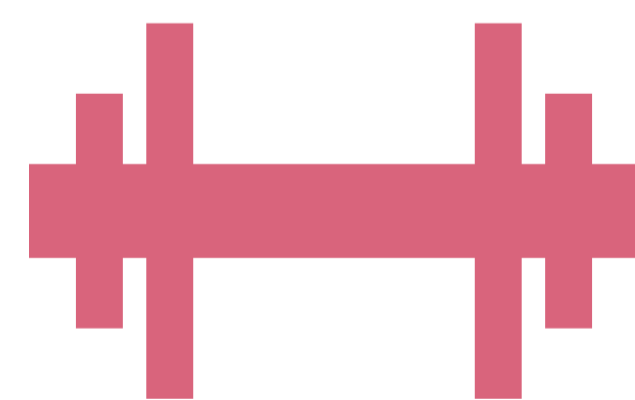
Other sources
fruits and vegetables



Physical Activity

Gentle exercises will help prevent constipation and make you feel good.

Try walking, swimming, gentle cycling on an exercise bike, yoga, or pregnancy exercise classes.



Did you know? Laxatives during pregnancy can be harmful to the baby.
Talk to your health care professional before taking any medications.