

Elderly Constipation Diet



What is constipation?

Constipation is the condition in which the number of times or size of stools are reduced.

What percentages of elderly have constipation?

15%-20% of the elderly have reported constipation.

What can cause constipation?

- Lack of exercise
- Low fiber diets
- Dehydration
- Some medication
- Change in routine
- Disease
- Diabetes

What does it feel like to be constipated?

When you are constipated you may have feelings of cramps, bloating, or difficulty producing a hard stool.

When an elderly person is constipated there are many things they can do to help relieve the constipation. The diet to follow when dealing with constipation is a **high fiber diet**.

High Fiber Diet

Fiber is a non-digestible part of a plant that helps with digestion.

A high fiber diet includes foods that are high in fiber, increases fluid intake and increase exercise.

Foods that have high fiber food include

- Whole grains
- Bran
- Oats
- Nuts
- Vegetables
- Fruits

High Fiber Diet Information

- Eat more whole grain bread and whole grain products to get 6-11 servings per day.
- Eat more vegetables, legumes, and fruits and nuts to get 5-8 servings per day
- Eat high-fiber cereals, granolas, and legumes to take in 25 grams for women or 38 grams for men per day
- Increase consumption of fluids by 2 liters per day.
- Increase exercise.
- Increase fiber taken in slowly.

Easy Ways To Intake More Fiber Into Your Diet

- Add granola to yogurt or cereal
- Add dried fruit to cereal
- Use whole wheat noodles
- Add oats or bran to oatmeal
- Use whole wheat bread
- Drink smoothies made of fruit
- Add beans or lentils to meals

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