Vitalis Health Colon Wellbeing Clinic

Your Guide to Better Bowel Regularity

Understanding constipation, choosing supportive foods, and building everyday habits.



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Let's Begin Here

A practical place to start

Better bowel habits begin with understanding what your body is telling you.



Food can be part of looking after your bowel health, but constipation is not always caused by food alone. Start by noticing changes, then choose a manageable step.

Use this guide your way

Read the opening sections first. Return to the food lists when planning meals or shopping, and adapt ideas to your preferences and any advice you have received.

General education for adults. This guide does not replace a diagnosis or personalized treatment advice.

UNDERSTANDING CONSTIPATION

Constipation can be uncomfortable, frustrating and sometimes difficult to talk about. You might notice hard stools, feel that you need to strain, or leave the toilet feeling that you have not emptied your bowel completely.

It is not only about how often you go. Fewer than three bowel movements a week can be one sign, but stool consistency and how easily you pass it matter too.

Everyone has their own bowel pattern. You do not necessarily need to go every day to be regular. What matters is noticing changes from your usual pattern, especially when they come with discomfort or difficulty.

Why Constipation Happens

Constipation can have several causes, and more than one may be involved. Looking at your food choices is helpful, but it is also worth considering your routines, medicines and overall health.

Food and fluid intake

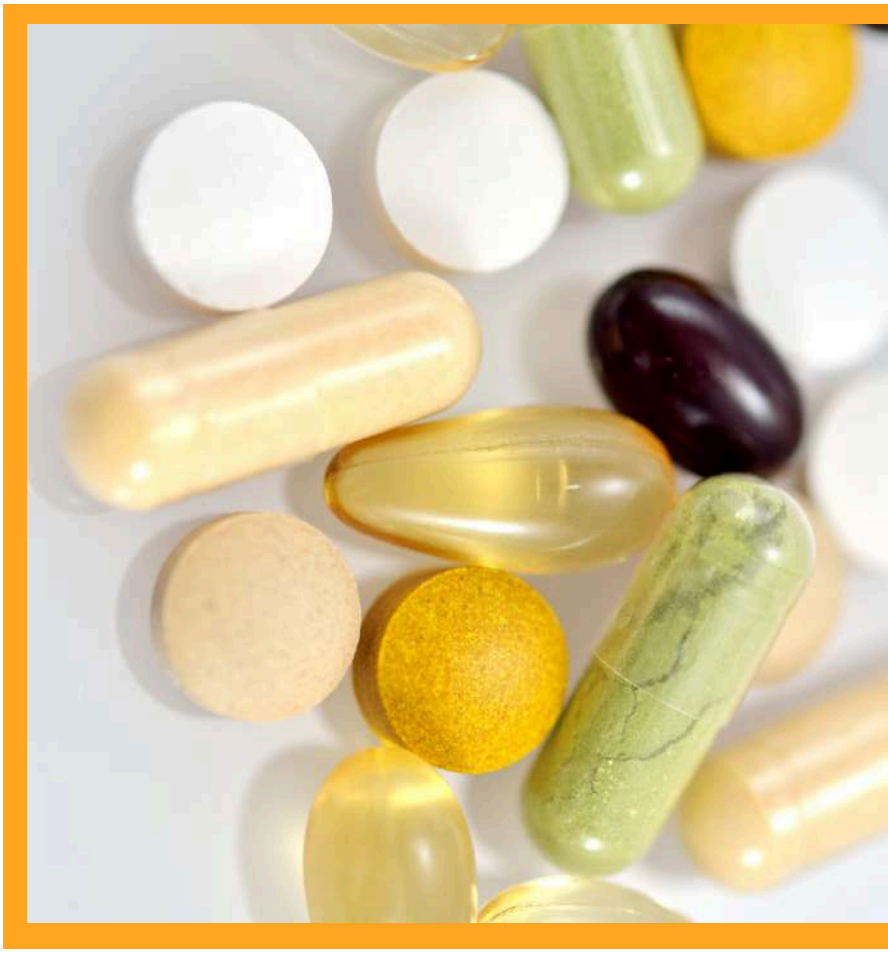
Not eating enough fibre or drinking enough fluids can contribute to constipation. Fibre comes from plant foods, including vegetables, fruit, whole grains, legumes, nuts and seeds. Adequate fluids help fibre work and support softer stools. Drinking 1 ltr of water first thing in the morning can be a game changer for constipation.
Introduce fibre gradually, start with ¼ teaspoon and increase slowly over a few weeks. For most people 1 teaspoon a day is enough. A sudden increase can be uncomfortable, particularly if your usual intake is low. Your healthcare professional can help you find an amount of fibre and fluid that suits your needs.

Changes in everyday life

Travel, a different work schedule, changes in eating habits and reduced physical activity may affect your bowel routine. Stress and anxiety can also play a role.

Think about when your symptoms started. Did they begin during a busy period, after travelling, or when your usual meals and activity changed? These observations can help you discuss the problem with your GP.

Medicines and supplements



Some medicines and supplements can contribute to constipation, including strong opioid pain medicines, certain antidepressants, iron supplements and some antacids.

If symptoms began after starting a new medicine or changing a dose, speak with your GP or pharmacist. Do not stop or change prescribed treatment without professional advice.

Bowel function and health conditions

Sometimes stool moves slowly through the colon. In other cases, the pelvic floor muscles involved in emptying the bowel may not work together effectively.

Constipation can also be associated with conditions such as irritable bowel syndrome, an underactive thyroid, diabetes or some neurological conditions. Pregnancy may change bowel habits too.

These possibilities are reasons to seek an assessment if symptoms continue. They cannot be identified from food choices alone.

Why Constipation Happens

Alongside food choices, a few practical habits may support bowel regularity:

- Respond to the urge to go rather than repeatedly putting it off.
- Allow enough time for an unhurried toilet visit.
- Try a comfortable sitting position; a footstool may help.
- Include regular movement suited to your health and ability.
- Ask for advice if everyday changes are not helping.

Some people need treatment as well as food and routine changes. Your GP or pharmacist can explain suitable options.

When to Seek Medical Advice

Seek prompt medical assessment if constipation occurs with blood in your stool, rectal bleeding, constant or severe abdominal pain, vomiting, inability to pass gas, fever or unexplained weight loss.

Speak with your GP if symptoms persist, keep returning or concern you. Mention any family history of bowel cancer.

Choosing Foods That Support Your Bowel Health

The following food guide gives you practical ideas for planning meals and shopping. Begin with familiar foods, introduce changes gradually and adapt suggestions to any allergies, diagnosed conditions or professional advice.

You do not need to overhaul every meal at once. Choose one manageable change and build from there.

Food can support bowel health, but it cannot address every cause of constipation. Use this guide alongside appropriate care, especially when symptoms are ongoing.



FOOD CATEGORIES FOR DIGESTIVE HEALTH

In the case of constipation,

a healthy food intake is the best medicine.

But to choose the right ones is not easy with the massive amount of food items reaching the shelves every year. It is hard enough for the food expert to determine the nutrient level of the different foods let alone for the average person.

We have sorted the categories into:

Good Foods
Eat these regularly - they're packed with nutrients and great for overall health.

Basic Foods
Safe to consume as part of a balanced diet.

Limited Occasional Foods
Try to avoid these all together to prevent digestive strain.

Luxury Foods
Save these indulgences for special occasions (rarely or in very small amounts).

This information is intended to look at the quality of the food in terms of affect on constipation, not at the calories. It is up to you how much you eat and if you are skinny or do a lot of sport you can eat more than someone who has to watch their weight. In the section with meat etc it is best if you can reduce it to a minimum. Lucky are those who can skip the chapter with the sweets altogether.

TIPS ON EATING

- Eat a diet composed of mainly unrefined foods (whole grains, fruits, vegetables, beans, nuts, seeds)
- Drink at least 8 glasses of water daily, and get lots of exercise. This will avoid most colon problems. Plus drink 1 ltr of water in the first hour of waking.
- Avoid too much spicy food, greasy food, and animal fat. Keep oil, margarine, and sugar to a minimum.
- Chew your food well, eat slowly.
- Eating a high roughage, low refined carbohydrate diet, will do much for constipation.
- Stay away from Cold drinks and food (frozen or direct out of the fridge)
- In severe cases stay off all dairy for one month and see if your condition improves.

Obviously, if you have food sensitivities - just leave those foods off your shopping list.



MILK PRODUCTS

Milk can be part of a balanced diet, providing protein, calcium and other nutrients, including vitamin B12.

Choose pasteurized milk rather then homogenized milk or good quality raw milk if available.

If milk causes digestive discomfort, speak with your healthcare professional about possible causes and suitable alternatives. Nut milks may be an option for people who have difficulty digesting lactose, the natural sugar in cows milk.

If you enjoy warm, spiced milk, try adding cinnamon, cardamom, ginger, fennel, turmeric, nutmeg or cloves for flavour. However, adding spices does not make milk suitable for someone with a milk allergy or reliably prevent digestive symptoms.



MILK PRODUCTS

Good Foods		Occasional Foods	Luxury Foods
Bio Yoghurt 0.1%	Yoghurt	Yoghurt with fruit	Crème fraiche
Buttermilk	Drinking Yoghurt	Buttermilk with fruit	Crème double
Natural Yoghurt 1.5%	Crème Quark	Kefir with fruit	Crème 30%
Full cream milk non-homogenized	Kefir 3.5%	Evaporated milk	Crème in spray can
Milk non-homogenized 1.5%	Sour Crème 10%	Homogenized milk	Milk rice with cream
Raw milk	Soya milk	Coffee whitener (powder)	Yoghurt with Cream
Whey		Sour Crème 24%	
Organic/ Biodynamic milk		Milk desserts (chocolate, vanilla, etc)	
Drinking yoghurt plain		Milk homogenized	
Quark plain or with herbs			
Soya milk low fat			
Goats milk			
Sheep milk			
Tofu			

CHEESE

Cheese can be part of a balanced diet, providing protein, calcium and other nutrients, including vitamin B12.

For bowel regularity, think about what you serve alongside it. Pair cheese with fibre-rich foods, such as wholegrain bread, crackers, vegetables or fruit.

If dairy causes digestive discomfort, your tolerance may vary between products. Hard cheeses, such as cheddar and Swiss cheese, contain less lactose than milk and may be easier for some people with lactose intolerance to tolerate. This does not make them suitable for someone with a milk allergy.



CHEESE

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
	Cheese under 45%	Cheese over 45%	Brie 60%
	Gouda 30%	Cream Cheese	Camembert 55%
	Soft goats cheese	Parmesan	Butter cheese 50%
	Feta (Cows, Goats, Cheese)	Raclette	Mascarpone
	Mozzarella	Smoked Cheese 45%	
	Cottage Cheese	Hard goats cheese	
	Bakers Cheese	Shredded cheese	
	Soy Cheese	Cheese slices	
	Bocconcino	Blue vein type cheese	
	Ricotta		

GRAINS IN ALL FORMS

Bread, noodles and foods like Semolina were once upon a time stamped as "weight gainers".

They have little calories, hardly any fat and don't leave you feeling hungry. Be careful with cakes and similar baking goods, because they lack fibre.



Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Amarant	Rye	Potato Starch	
Buckwheat	Spelt Flour	Cornstarch	
Bulgur	Polenta	Sago	
Couscous	Soy Flour	Wheat Starch	
Spelt grain	Semolina	Wheat Flour	
Oat	Barley	Wheat whole grain	
Millet		Corn	
Quinoa			
Basmati Rice			
Brown Rice			
Oat Bran			

BREADS

Bread can be part of a balanced diet, and wholemeal or wholegrain varieties can help increase your fibre intake. Try wholemeal bread, wholegrain crispbread or a loaf containing seeds.

For everyday choices, check the ingredients and fibre content rather than judging by colour or price alone. Serve bread with vegetables, hummus or another topping you enjoy.



Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Whole grain bread	Ciabatta	Turkish bread	Croissant
Linseed bread	Pumpernickel bread	Plain bread rolls	Baguette
Wholemeal crispbread	Spelt bread	Cheap supermarket breads	Filo/ Puff pastry
Wholemeal bread		Refined breads	Crumpets
Bagel crisps		Wheat breads (White flour)	
Rye bread		Frozen breads and doughs	
		Pitta bread	

BREADS

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
		Kebab bread	
		Roll up bread	
		Lavash bread	
		English muffins	
		Bretzel	
		Pickets	
		Grissini	
		French Toast	
		Cheese Twist	
		Raisin Bread	

BREAKFAST CEREALS

Choose cereals with as little added sugar as possible. Oats, bran and other natural higher-fibre cereals can help support regular bowel movements.



Good Foods	Basic Foods	Occasional Foods	Luxury Foods
All bran	Fruit Muesli	Choco Corn Flakes	
Fibre plus	Fruit N Fibre	Corn Flakes	
Prune	Yoghurt Muesli	Corn Pops	
Weetbix	Nutri Grain	Crunchy Nut	
Oat flakes	Froot Loops	Rice Krispies	
Oat bran	Smacks	Special K	
Muesli with xtra bran	Toppas		
Bircher Muesli	Vita Flakes		
Bio Muesli	Crunchy Muesli		
Prune Breakfast	Oat Temptations		
Puffed Wheat			

NOODLES

Wholemeal noodles generally provide more fibre than refined varieties. Add vegetables or legumes to make the meal more supportive of bowel regularity.

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Wholemeal noodles fresh or dry	Noodle dishes in cans	Dried Tortellini	
Soy noodles fresh or dry	Frozen noodle dishes	Noodles dishes with cream	
Spelt noodles fresh or dry	Egg noodles		
Konjac	Ravioli		
	Semolina noodles		
	Rice noodles		
	Wheat noodles fresh or dry		



CAKES AND OTHER BAKED TREATS

Many cakes, biscuits and pastries provide little fibre. Enjoy them occasionally without letting them replace fibre-rich meals and snacks.



Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Fruit bread	Fruit cakes	All other cakes	Buttercream cake
Spelt cookies	Fruit tarts	All ready make cakes mixes	Eclairs
	Cheese cake	Butter cookies	Creme cakes
	Fruit cookies	Sports bars	Chocolate cake
	Wholemeal cookies	Wafers	Chocolate cookies
	Wholemeal bread mix	Meringue	
	Muesli Bars	Puff pastry items	
		Apple turnover	
		Bread mixes	

NUTS AND SEEDS

Nuts and seeds contribute fibre that supports bowel function. Try adding small amounts to porridge, yoghurt or salads, according to your tolerance.

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Cashews	Pepitas		
Marones	Pine nuts		
Almond	Sesame		
Hazelnut	Sunflower kernels		
Linseed	Walnut		
Macadamia	Water chestnut		
Pecan	Poppy seed		
Pistachio	Coconut		
Alfalfa			



MEAT, FISH

The high protein animal products don't leave much in terms of fibre for the colon. If you stick to good and basic foods here it will mean that your fat intake will be less.

Fish that has a high fat content has a good combination of iodine and important Omega-3-fatty acids which we need for many bodily functions. Check the toxicity levels in fish with your local fish authorities



FISH

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
All fresh fish plain	All seafood fresh	Frozen fish dishes	Fish in cream
Pickled herring (no cream)	Canned fish in brine/ natural	Fish canned in sauce	Smoked Salmon
	Crumbed fish fresh	Caviar (real)	Fish with mayonnaise
	All frozen fish plain	Fish canned in oil	Crab/ Crayfish butter
	Salmon Caviar	All seafood frozen	
	Fish burgers	Crumbed frozen fish	
	Cod Roe	Fish nuggets	



MEAT



Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Game	Liver	Brain	Ham fried
Chicken breast	Heart	Tongue	Duck
Turkey breast	Lung	Steak	Cabanossi
	Kidney	Pig (high fat parts)	Salami
	Pig (Low fat parts)	Lamb	Liver pate
	Goat	Goose	Gammon
	Minced Meat	Poulard	Polish Sausage
	Turkey	Chicken Nuggets	Saveloy
	Chicken	Frozen pre made meat dishes	Fast food meat
	Steak Lean	Canned meat	
	Birds	corned beef	
	Ham raw, cooked	Mortdella	

MEAT

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
	Schnitzel	Sausage	
		Hamburgers	
		Cold cuts	



EGGS

Eggs provide protein and other nutrients and can be included in a balanced diet. They do not provide fibre, so consider what you serve alongside them.

Try eggs with wholegrain toast, vegetables or beans. Boiling, poaching or making a vegetable omelette are simple ways to include them in everyday meals.

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Egg white	All other eggs	Fried egg	Egg dishes with cream

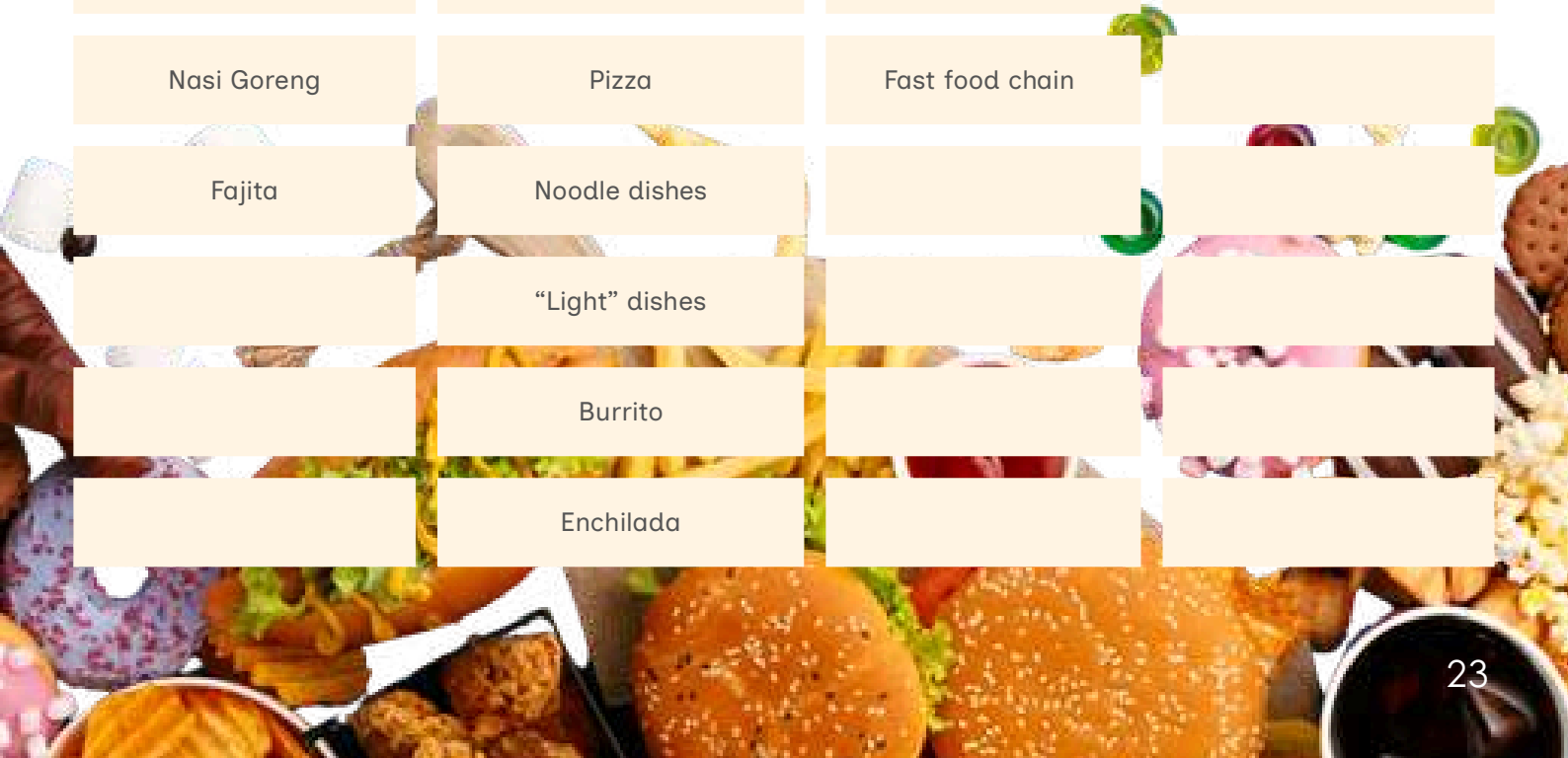


FAST FOODS

Convenient meals are common in busy households, including options from health food shops. Their nutritional value varies, and many provide little fibre.

If you experience constipation, choose meals containing vegetables, pulses or whole grains, or add these yourself. Include fruit elsewhere in your day, and compare packaged meals for fibre, salt and saturated fat.

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Asian Noodle Snacks	Brochetta	Beef Tacos	Camembert Fried
Bami Goreng	Noodle/ Veggie Bakes	Garlic/ Herb baguettes	Dishes with cream
Veggie dishes frozen	Chili con Carne	Cheeseburger	Cheese Fondue
Veggie burgers	Chop Suey	Fish burgers	
Veggie/ Rice dishes	Potato Fried Dishes	Spring rolls	
Rice Dishes	Lasagna	Deep Fried dishes	
Nasi Goreng	Pizza	Fast food chain	
Fajita	Noodle dishes		
	“Light” dishes		
	Burrito		
	Enchilada		



SOUPS

Soups can be a practical way to include vegetables, legumes and grains. Lentil, bean, vegetable or barley soups offer different ways to bring these ingredients into your meals.

Clear broth alone may provide little fibre, so look at what the soup contains. When buying packaged soups or stock, compare salt levels and choose lower-salt options where possible.

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Veggie soups	Soups with meat	Cream soups	
Soups with rice	Veggie broth	Meat broth	
Soups with pulses	Chicken broth	Bouillon	
Soups with grains		Cup a Soup	









ON THE BREAD: SPREADS, SALADS AND SWEETS

A topping can change the nutritional value of a sandwich or snack. Hummus, bean spreads and suitable nut or seed butters can add plant-based ingredients.

Pair your chosen spread with wholegrain bread and vegetables where practical. Jams, honey and chocolate spreads are mainly sweet additions rather than fibre sources. With prepared salads and spreads, check ingredients, salt and added sugars.

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Pre-made salads, without cream or mayonnaise	Other pre-made salads	Cream Cheese spreads	Pate meat
Tofu pate	Tuna Salad “light”	Tuna Salad	Pate vegetarian
Tzatziki	Vegan cheese	Chocolate spreads	Mixed meat salad
Veggie spreads	Hummus		Peanut Butter
Pulses spreads	Vegemite		
Fruit jams, no sugar	Molasses		
	Honey		
	Fruit spreads		
	Other nut butters		

DELICATESSEN

Deli foods such as vegetable antipasto, hummus, pickles and prepared salads can add flavour and convenience to meals.

Their ingredients vary, so consider the amount of vegetables or legumes alongside added salt and dressings. There is no need to avoid every product containing oil; the type of fat and the overall meal matter too.

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Veggies marinated no oil	Veggies in oil	Cabbage salad	
Pickles no oil	Antipasto (vegetarian)	Tzatziki	
Salads no oil	Vine leafs/ Dolmatis		
Hummus	Tarama		



SAUCES, DIPS AND DRESSINGS

Vegetable- and legume-based dips can contribute fibre. Other sauces and dressings mainly add flavour, helping make fibre-rich meals more enjoyable.






Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Tomato sauce, no sugar	All other sauces	Sauces with cream	Sauces with cheese
Sauces with grains	Chili sauce	Curry sauce	Sauce Béarnaise
Chutneys	Pasta sauce	Yoghurt dressing	Béchamel
	Asian sauces	Mint jelly	Pesto
	Barbecue sauce		Hollandaise
	Taco sauce		French dressing
	Salsa sauce		Cocktail sauce
	Gravy		Caesar dressing
	Buttermilk dressing		
	Cranberry sauce		
	Apple sauce		

VEGETABLES



Vegetables provide fibre, vitamins and minerals that support overall health. Their fibre helps promote regular bowel movements and can help with constipation when combined with adequate fluids.

Choose a variety of vegetables, including fresh, frozen or canned options without added salt where possible. Wash them thoroughly and leave edible skins on where suitable to retain more fibre.

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
All veggies raw, fresh, fried	Veggies in jar or tin	Veggies frozen	Potato gratin frozen
Sprouts raw, fresh	Pulses pre-cooked	Mixed veggie dishes frozen	Any veggie dish with cream
Algae dried	Potato cakes	Potato chips frozen	
Sauerkraut	Mashed potatoes (from packet)	Frozen fruit	
Sweet potatoes	Dried fruit	Candied fruit	
Potatoes	Cooked fruit	Canned fruit with sugar	

VEGETABLES

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Topinambur	Apples sauce		
Pulses cooked			
Gnocchi			
Potato dumplings			
Fresh fruit			
Prunes			
Figs			



SWEETS AND SNACKS

Snacks can help you include foods that may be missing from your meals. Try fruit, unsalted nuts, vegetables with hummus or wholegrain crackers with a suitable topping.

Crackers, rice cakes, popcorn and packaged vegetable snacks vary in fibre, salt and fat. Compare similar products rather than assuming that every product labelled “vegetable” or “wholegrain” has the same nutritional value.



DESSERTS

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
	Cold Sweet soup	Desserts with cream	Tiramisu
	Semolina	Mousse	
	Milk rice	Mousse au chocolat	
	Homemade jelly	Jelly	
	Custard (no cream)	Soy desert	
	Plain Yoghurt	Puddings	
		Red wine cream	
		Crème Caramel	

ICE CREAM

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Homemade Frozen Fruit	Lemon sorbet	Ice creams	Magnum
	Ice blocks	Cornetto Ice cream	
	Other sorbets	Bulk ice creams all flavors	
	Sugar free ice cream	Soy Ice creams	

SWEETS

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Chewing gum	Fruit lozenges	After Eight	Banana chips
Muesli bars	Marshmallows	Lozenges with sorbit	Carob chocolates
Real fruit jellies	Liquorices	Chocolates	Chocolates with alcohol
Mixed dried fruits	Candied fruit	Pralines	
Fruit and nuts	Fruit bites	Cream lozenges	
Gummi bears	Roll ups	Chocolate bars	
		Nougat	
		Marzipan	
		Brittle	

SWEETENERS

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Honey	Molasses	Artificial sweeteners	
Real maple syrup	Apple juice concentrate	White sugar	
Agave	Jaggery	Fruit sugar	
Rice syrup	Coconut sugar	Sugar cane	

SNACKS

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Popcorn	Veggie chips	Potato chips	Pizza carckers
Wholemeal chips	Rice crackers	Nuts roasted and salted	Cheese crackers
Wholemeal crackers	Brezel	Corn chips	
Rice Cakes	Vita Wheat		
Rice thins	Water crackers		
Homemade crackers	Corn thins		
Seaweed snacks			

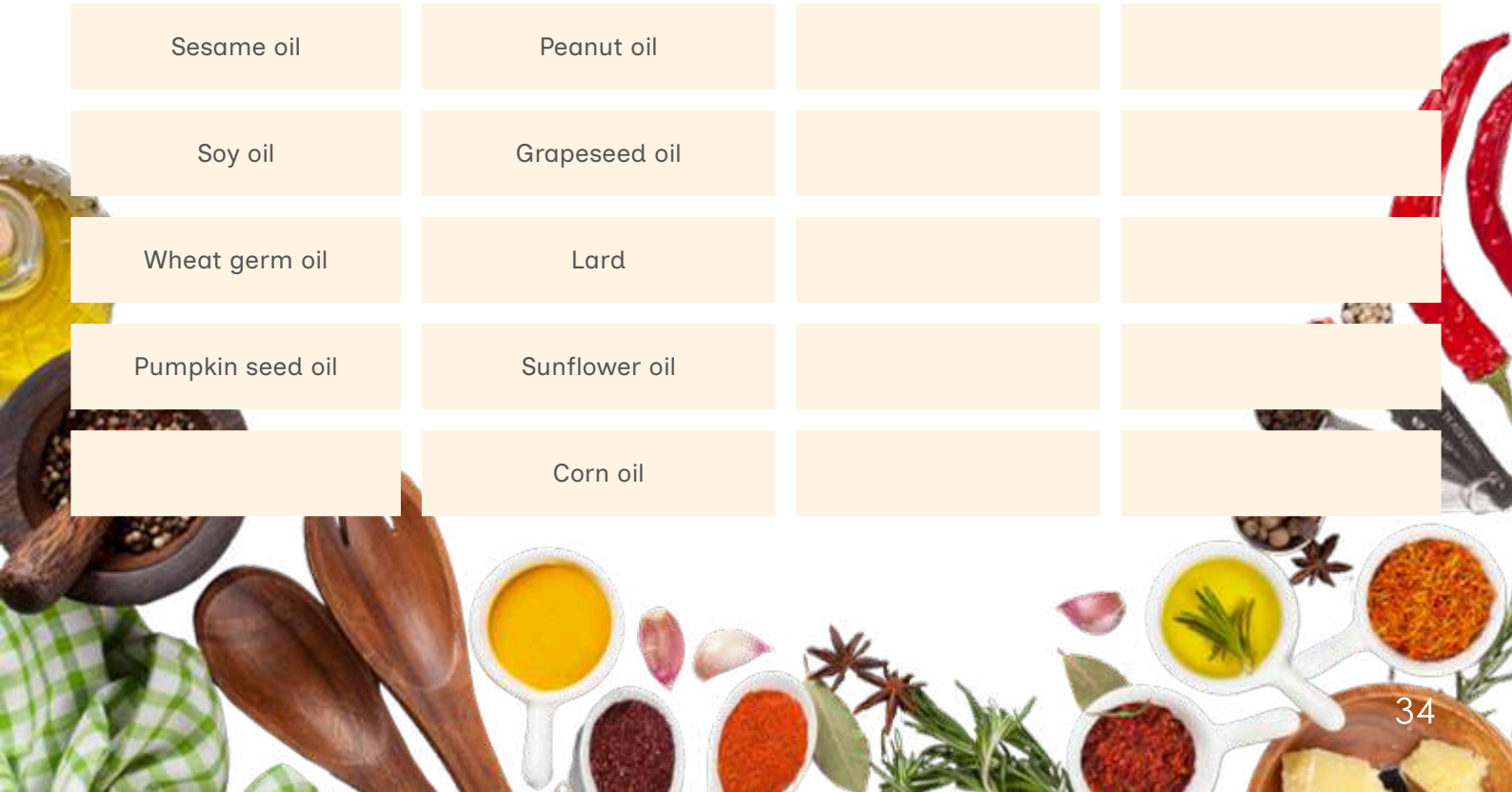


SPICES, OILS, ETC.

Fats have a place in a balanced diet, even though oils do not provide fibre. Choose mainly unsaturated fats, such as olive or canola oil, in suitable amounts.

Butter, ghee, coconut oil and animal fats contain more saturated fat. Think about replacing some of these with unsaturated options rather than trying to remove all fat from your meals.

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Hemp oil	Vegetable oil	Herb butter, etc	Coco fat
Hazelnut oil	Chicken fat	Butter fat	Frying fat
Ghee	Dairy free margarines	Lamb fat	
Olive oil	Margarines	Half fat butter	
Coconut oil	Butter	Diet margarines/ oil	
Sesame oil	Peanut oil		
Soy oil	Grapeseed oil		
Wheat germ oil	Lard		
Pumpkin seed oil	Sunflower oil		
	Corn oil		



SPICES

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Natural essences	Shoji	Artificial essences	
Curry's	Herbs in oil	Soy sauce	
Fresh/ dried herbs	Salad mix spices packed	MSG	
All single spices	Worcestershire sauce		
Sambal oelek	Spice mixes packed		
Tabasco			
Mustards			
Vanilin			



COOKING ACCESORIES

Ingredients such as baking powder, yeast, cocoa, agar-agar and gelatine serve different purposes in recipes. Their value depends on the overall dish rather than a simple “good” or “bad” label.



When cooking or baking, consider the balance of whole grains, fruit, vegetables and other ingredients. Use sugar, glazes and rich creams thoughtfully, and choose unsaturated oils where suitable for the recipe.

Good Foods	Basic Foods	Occasional Foods	Luxury Foods
Agar-agar	Baking powder	Cooking chocolate	Coconut cream
Brewer’s yeast	Carob	Brittle	Chocolate glaze
Bee pollen	Gelatin	Hundreds and thousands	Sugar glaze
Vegetable gelatin	Yeast		
Coconut milk	Cocoa		
Bread crumbs	Mayonnaise		
Clear glaze	Ketchup		
	Candied orange/ Lemon peel		
	Thickeners		

DRINKS

Drinking adequate fluids helps fibre work and supports softer stools. Water is a practical everyday choice, and other suitable drinks can contribute to your fluid intake.

Spread drinks throughout the day rather than forcing large amounts at once. Fluid needs vary with health, activity and climate; follow any fluid restriction prescribed by your healthcare professional.

Choose whole fruit regularly rather than relying on juice, and limit sugary drinks.

Drinking up to 1 ltr of water within 1 hr of waking on empty stomach hepls to establish a bowel routine.



DRINKS

Good	Basic	Occasional	Luxury
Fresh fruit juices	Bitter lemon	Cola	Drinks with cream
Fruit tea	Cappuccino	Sports drinks	Alcohol over 15%
Herb tea	Iced tea	Energy drinks	
Green tea	Fruit juice bottled	Fizzy drinks	
Veggie juices	Milk drinks (supermarket)	Milk shakes	
Dandelion	Coffee	Instant drink mixes	
Mineral water	Black teas	Alcohol under 15%	
Prune juice	Homemade lemonade		
	Soy drinks		
	Cocoa		

Putting into practice

Simple meals, small changes.

Use these ideas as a starting point, not a strict meal plan. Choose foods you enjoy and adapt them for your budget, allergies and any dietary advice you have received.



Meal	An easy starting point	Make it work for you
Breakfast	Oats with yoghurt and fruit	Use your usual milk or a suitable alternative.
Lunch	Wholegrain wrap with hummus and vegetables	Add egg, chicken or tofu if you like.
Dinner	Brown rice with vegetables and fish or tofu	Use a grain and vegetables you already enjoy.
Another dinner	Vegetable and lentil soup	Start with a small amount of lentils if they are new to you.
Snack	Fruit with nuts or a suitable spread	Swap ingredients to suit allergies and tolerance.

Putting into practice

Start with one meal. Add fibre gradually and keep suitable fluids available. You do not need to change every meal at once.

Make one meal your own

Meals I will try:

Your takeaway page

Your shopping & habit checklist

Keep this page somewhere handy. Tick the food groups you want to include, then choose one habit to practice. You do not need to buy everything or change everything at once.

1. Choose a few foods

Fruit and vegetables
A fruit you enjoy; fresh, frozen or canned vegetables.

Whole grains
Oats, wholegrain bread, brown rice or wholemeal pasta.

Beans and lentils
Chickpeas, beans or lentils - canned or cooked.

Protein and dairy alternatives
Fish, eggs, tofu or lean meat; yoghurt or a suitable alternative.

Pantry and drinks
Nuts or seeds, a favourite spread, herbs and water.

Your takeaway page

Make one step your own

- [ ] Add a plant food to one usual meal.
- [ ] Keep suitable fluids available during the day.
- [ ] Make time to go when I feel the urge.
- [ ] Choose movement that suits my health and ability.

I will try this when: _____

Notice how you feel. If constipation continues, gets worse or worries you, speak with your healt practitioner. Follow any prescribed fluid limits.

Take it one step at a time

Your next small step.

Thank you for taking the time to care for your gut.

You do not need to change everything at once. Choose one food or habit from this guide that feels manageable, and build from there.

01

Choose one change
Start with a familiar meal or one habit from your checklist.

02

Keep it practical
Choose foods you enjoy, can afford and can prepare easily.

03

Notice how you feel
Pay attention to comfort and changes in your bowel pattern.

You do not have to work it out alone.
If constipation continues, gets worse or worries you, speak with your health practitioner. This guide supports learning and does not replace individual care.

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