TAKE CARE, CONSTIPATION
the reason, treatment
and impact of constipation

• Constipation may be defined as having difficulty passing soft stools.
• Having stools less frequently may also be considered constipation.
• Other characteristics include dry or hard stools, or ones that cause pain.
• If stooling is uncomfortable or painful for the child, it is very common for them to avoid or withhold from passing stool to prevent these feelings.

• Other circumstances like changes in routine or the child’s diet can impact stooling.
• Possible examples:
  - Switching to cow’s milk
  - Introducing solids
  - Change in travel, stress, illness or when potty training begins

• When constipation goes untreated - it may impact eating and overall growth.
• This can include weight loss or a poor growth pattern along with a decrease in their appetite which could lead to eating less and stomach pains.

Created by: Emma D’Arpino, Graduate Student in Food and Nutrition, Framingham State University, 2019
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- Fiber intake is important. Foods high in fiber include flaxseeds (1 tablespoon) added to applesauce, oatmeal, yogurt, or smoothies, fruit (dried: prunes, raisins, dried cranberries) and vegetables with skin.

- Staying hydrated can also help with moving stool through the body:
  - Drinking a hot beverage in the morning
  - Other examples include water or milk or broth

SAMPLE MENU

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>SNACKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Two whole grain waffles with syrup</td>
<td>- Tuna sandwich on wheat or whole grain bread</td>
<td>- Four ounces baked chicken with ½ cup of veggies such as broccoli or brussel sprouts</td>
<td>- Apple, pear, or banana</td>
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<tr>
<td>- One cup oatmeal with raisins</td>
<td>- Turkey sandwich on wheat or whole grain bread</td>
<td>- Bean salad with chickpeas, quinoa and vegetables</td>
<td>- Trail mix - ⅛ cup nuts, ¼ cup raisins, ½ cup pretzels</td>
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<tr>
<td>- Greek yogurt with whole grain granola or nuts</td>
<td>- Quinoa salad with vegetables and beans</td>
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<td>- One cup of air-popped popped corn</td>
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</tbody>
</table>

Want more information? Check these out.

Kids’s Health: https://kidshealth.org/en/parents/constipation.html
EatRight: https://www.eatright.org/for-kids

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