

Constipation

During Pregnancy

What is constipation?

Constipation is when bowel movements occur less often, and may also be hard to pass. A bowel movement is also known by many as stool or poop. Constipation in pregnancy is very common – you are not alone. Constipation can begin several weeks after becoming pregnant.

What causes constipation during pregnancy?

- Consuming too many dairy products
- Changing hormones
- Growing baby putting pressure on the bowels
- Being less active
- Taking a supplement containing iron
- Not drinking enough water
- Not eating enough fiber
- Other health conditions

Treatment and prevention are the same!

- **Eat more fiber.**
 - The best sources of fiber are whole grains, beans, fruits, and vegetables. They are available in your WIC food package.
 - Add high-fiber foods to your diet slowly.
 - Women usually need 25 grams of fiber each day. Check the Dietary Fiber section of food labels.
- **Drink plenty of water.**
 - As you eat more fiber, drink more water.
- **Be more active.**
 - Strive to be active every day.
 - Try walking, swimming, indoor cycling, or yoga.



**To help with constipation,
try this high-fiber recipe!**

Overnight Oats:

½ cup dry oats
½ cup plain yogurt*
¼ cup blueberries (fresh or frozen)
½ cup milk*
1 teaspoon ground cinnamon



*For an even healthier option, choose low-fat or non-fat yogurt and milk.

Directions:

1. Mix all ingredients in a container and cover.
2. Store in refrigerator overnight.
3. In the morning, oats are ready to eat cold.

This recipe makes one serving.

*Calories 309, Fat 6g, Saturated Fat 2g,
Protein 16g, Carbohydrate 50g, Fiber 6g,
Sodium 142mg*





FOODS WITH FIBER

Fruits	Vegetables	Legumes (Beans and Peas)	Whole Grains
Apple with skin	Broccoli	Kidney beans	Whole grain cereal (hot and cold)
Pear with skin	Carrots	Navy beans	Whole wheat bread
Orange	Cauliflower	Lentils	Whole wheat pasta
Raspberries	Potato with skin	Chickpeas	Brown rice

Some steps that I am already taking:

New things that I will try:

You can do this! You are on the right track; small changes lead to success!

Talk with your nutritionist at WIC if you have questions about adding fiber and fluids to your diet. If you have further concerns about constipation or other health issues, contact your health care provider.

