

How to improve constipation

10 global diet and lifestyle tips



Include foods rich in fiber:

5 portions of fruit and vegetables a day, including whole grains and legumes



Limit intake of refined sugar

(sweets and rich deserts)



Choose fruits rich in pectin, such as apples, strawberries, lychees or pears, to increase stool volume and ease passage



Regularize your eating time and food habits



Consume fermented dairy products, containing probiotics with proven benefits on constipation



Aim for a regular bowel action every second day



Drink 2 liters of drinking water a day while decreasing intake of caffeinated, alcoholic and sugar rich beverages



Practice a healthy lifestyle: exercise regularly and abstain from smoking



Reduce intake of foods high in animal fat, greasy and fried foods



Avoid stress: learn how to relax, improve sleeping patterns, exercise regularly, practice deep breathing and adopt good time management techniques

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