

Tips for Treating Constipation in Children

1. **Eliminate dairy products** (*milk, yogurt, cheese, ice cream*) for at least 30 days.
 - Look for the following ingredients to avoid: *milk, casein, whey* in the first 3 ingredients listed on the package.
 - Plant-based alternatives (*soy, almond, coconut, oat, cashew*) are fine!
2. **Increase water consumption** and make water readily available to your child throughout the day.
 - Make infused waters if your child doesn't like the taste of plain water.
 - *Avoid juice!*
3. **Increase fiber intake** by incorporating high fiber foods such as **BEANS** and high fiber cereal (*fiber one and all bran*).
 - Legumes (*beans, split peas, lentils*) are the best whole food source of fiber.
4. **Increase consumption of whole grains** such as *oatmeal, whole wheat bread, whole grain pasta and brown rice*.
 - **Limit** refined grains such as *white bread, crackers, cookies, white pasta and white rice*.
5. **Increase consumption of fruits and vegetables.** *Prunes, pears and dates* are particularly helpful.
6. Make sure that your child is staying **physically active** as this also promotes a healthy digestive system.
7. Have your child **sit on the potty regularly**. You can start having them sit on the toilet 15-30 minutes **after** breakfast and dinner to retrain the bowels to a new routine.



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