

CONSTIPATION

INCREASE

FLUIDS – (water and fruit juices – especially apple and prune, minimum of 2-3 glasses per day)

FIBER FRUITS – (raisins, apricots, prunes, unpeeled fruits)

VEGETABLES – (beans, sweet potatoes, peas, turnip greens, raw tomatoes, corn)

BRAN – (bran cereals, bran muffins, shredded wheat, graham crackers, whole wheat bread)

POPCORN – (if your child is over 3 years of age)

VEGETABLE SOUPS

DECREASE

MILK PRODUCTS – (cow's milk, yogurt, ice cream, cheese)

COOKED CARROTS

BANANAS

APPLESAUCE

STARCHES – (white rice, pasta, potatoes)