

## Stimulating Strategies for Constipation

Normal bowel habits vary for each person. You may be able to prevent constipation by eating more high fiber foods, drinking more fluids and getting a little more exercise. If you have times when you need something extra to stimulate bowel movements and relieve abdominal discomfort, try the recipes below. Combine high fiber foods that you may have on hand, to create a *Power Pudding* that will help you to feel more like yourself again. Don't forget to drink a glass of water along with your pudding.

### Power Pudding Recipes

1. Combine in blender:
  - 1 cup All-Bran cereal
  - 1 cup stewed prunes
  - 1 cup prune juice
  - 1 cup applesauceTry 1 Tbsp. daily and increase to 2 tbsp. daily.
2. Combine equal amounts in blender
  - Prune Juice
  - Applesauce
  - Bran buds cereal
  - All-Bran cereal
3. Combine all ingredients in a large zip-lock bag, in any proportions you like. Serve small portions with milk
  - Grapenuts cereal
  - Old-fashioned rolled oats (uncooked)
  - Mini-shredded wheat cereal
  - Golden raisins
4. Combine in saucepan and simmer 20 minutes:
  - 1 cup prunes
  - 1 cup apricots
  - ½ cup to 1 cup waterDrain fruit, reserving liquid. Add to fruit:
  - 1 cup apple sauce
  - 1 cup 100% unprocessed bran (wheat or oat)Puree ingredients in blender with enough reserved liquid to obtain a pleasing consistency. Store in sealed container and refrigerate. Use about 2 Tbsp. daily, as needed.



## **POWER PUDDING RECIPE FOR CONSTIPATION**

Use a mixture of 1 cup of All-Bran cereal, 1 cup of applesauce, and 1 cup of prune juice; begin administration in small amounts and gradually increase amount. Start with **one tablespoon** per day and gradually adjust. Keep refrigerated.

***(Always check with the primary care practitioner before initiating this intervention.)***

It is important that the client also ingest sufficient fluids. Pudding will not be effective and can lead to constipation if enough fluid is not consumed

6-8, 8 ounce glasses per day!

***NOTE: Giving fiber without sufficient fluid has resulted in impaction and bowel obstruction (Gibson et al, 1995).***

### **Fruit Butter Recipe**

4 cups of figs or 8 cups of raisins, cover with water and soak overnight  
1 #10 can pitted prunes or 1.5 pounds dried prunes soaked overnight in 1 cup honey  
¼ cup vanilla  
1 – 16 ounce can apple juice

Puree all of the above ingredients

Provide 2.5 ounces/ #16 scoop per day followed by 4 ounces fluid. This can be served on toast, atop cereal, or over cake at any mean. Experiment, it is sweet. Check with your health care provider that the simple carbohydrates do not interfere with other medical regime. If you make this recipe in the quantities noted, you will enough for a small army of all you friends. You can subdivide the ingredients to make smaller amounts, but it will also keep nicely for a month or so in the refrigerator.

### **Bowel Bars Recipe**

12 oz. raisins  
12 oz. dates  
8 oz. figs  
¼ cup bran or crushed bran flakes

Topping:

Graham cracker crumbs

Spray 8 X 12 pan with Pam. Press mixture into pan, should be about 1 inch high. Top with graham cracker crumbs

Cut into 1 inch squares. Give 1 bar daily. Grind together.

