

FOODS THAT HELP WITH CONSTIPATION

Breakfast

- Bran muffins or bran cereals—for younger children, soften bran flake cereal by crushing the flakes in the bowl to a smaller size and adding milk a few minutes before serving
- Oatmeal with dried or fresh fruits—and consider adding yogurt for a boost of protein



Snack

- Graham or rye crackers with peanut butter
- Whole grain crackers and hummus or bean dip
- Whole grain toast with peanut butter
- Fresh fruit or vegetables with cheese
- Snack mix made with Chex cereals and dried fruits



Lunch

- Sandwich using 100% whole wheat bread and vegetables, like tomato and lettuce
- Corn or whole wheat tortilla with beans, salsa, fresh or cooked veggies, and a meat of choice

Dinner

Use whole grains in your main dishes

- Tacos or quesadillas with whole grain or corn tortillas
- Spaghetti with whole grain pasta

Make side dishes to include grains, vegetables, and fruits, like:

- Cooked fresh vegetables like squash, carrots, or green beans
- Brown rice or bulgur
- Green salad or fruit salad



CHECK OUT THESE RECIPES WITH HIGH FIBER FOODS

Fruity Homemade Oatmeal

- ¾ cup old-fashioned rolled oats
- 1½ cups cold water
- 2 tablespoons raisins
- 1 apple; peeled, cored and chopped
- 1 teaspoon cinnamon

Put the water in a saucepan. Bring water to a boil on medium heat. Stir in oatmeal, raisins, chopped apple, and cinnamon. Turn heat to low. Cook 5 minutes, stirring often. *Makes 2 servings.*

Oodles of Noodles

- 1 pound (16 ounces) whole wheat pasta
- 1 bunch swiss chard or spinach; stems removed, coarsely chopped
- 3 garlic cloves, minced
- 2 teaspoon dried basil
- 2 cups tomatoes; chopped, with all the juice
- 3 cups low sodium vegetable broth
- 3 tablespoons olive oil
- 3 tablespoons whole wheat flour
- 1 teaspoon salt
- ½ teaspoon pepper

Cook pasta according to package directions. While pasta is cooking, heat a large skillet to a medium heat, add 3 tablespoons of oil, swirl to coat. Add tomatoes, garlic, chard (or spinach), basil, salt, and pepper. Sauté until greens are wilted and tomatoes are soft and produce juice. Sprinkle flour over vegetables and stir until completely incorporated. Slowly whisk in the broth. Continue to stir until sauce comes to a boil and thickens, about 5-8 minutes. Pour over pasta and serve. *Makes 6 servings.*

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