

FOR DIETARY MANAGEMENT IN OLDER ADULTS

Dietary modification should be the first approach to managing constipation.



Dietary fibre can help in relieving constipation by:

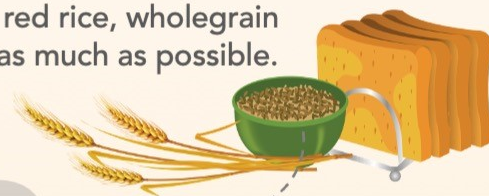
- Increasing the weight and size of your stool
- Softening your stool

Here is a general guide towards achieving adequate fibre in your daily diet:

1 Consume sufficient dietary fibre and fluids, for balanced and adequate nutrition. This will help to promote regular bowel movement.



2 Aim for two servings of fruits and two servings of vegetables daily. Choose wholegrain foods (e.g. oats, wholemeal bread or crackers, brown or red rice, wholegrain noodles) as much as possible.



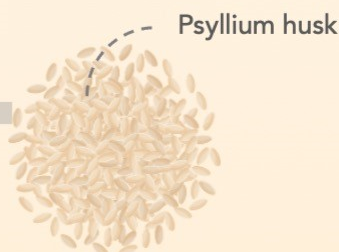
Wholegrains



3 For older adults who have poor teeth condition or swallowing difficulties, it is recommended to:

- Choose softer food options (e.g. banana, papaya, mango, kiwi, etc.) or
- Modify the size and texture of the food by cutting, mashing or blending it (e.g. apple, carrot, broccoli, dragonfruit, etc.)

4 If faced with difficulties meeting the recommended daily fibre intake from food sources, one can consider fibre supplements such as psyllium husk. Please discuss this with a healthcare professional for the appropriate dosage.



Psyllium husk

Disclaimer: It is important for older adults to determine the cause of their chronic constipation before further increasing their dietary fibre intake. For some patients, increased fibre intake for constipation may not always be suitable.

