Corrective Feeding for Constipation

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Constipation is a widespread modern disease. It paves the way for other physical ills as well as dulled minds and "blues." Cathartics do not cure but rather aggravate it and should be taken usually only on advice of a physician. The majority of cases of constipation can be corrected through (1) right food habits, including generous use of water and bulky foods, such as vegetables, fruits, and whole grain cereals; (2) a regular hour for bowel elimination; and (3) regular suitable exercise.

1. FOODS TO BE USED IN PREVENTING OR CORRECTING CONSTIPATION

(Based on similar tables in Willard-Gillet's Dietetics for High Schools)

<table>
<thead>
<tr>
<th>Eat</th>
<th>Drink</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulky vegetables, fruits, and whole grain cereals.</td>
<td>Plenty of water—at least six glasses a day.</td>
<td>Tea, coffee, candy, sweets, and rich pastry.</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Bulky vegetables, fruits, and whole grain cereals.</th>
<th>Eat skins of vegetables, especially baked potato skins.</th>
<th>Eat skins and seeds with fruit whenever possible.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Apples</td>
<td>Bacon</td>
</tr>
<tr>
<td>Beans, string</td>
<td>Apricots</td>
<td>Butter</td>
</tr>
<tr>
<td>Beets</td>
<td>Berries</td>
<td>Buttermilk</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cherries</td>
<td>Honey</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Dates</td>
<td>Molasses</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Figs</td>
<td>Peanuts</td>
</tr>
<tr>
<td>Carrots</td>
<td>Grapes</td>
<td>Vegetable oils</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Grape juice</td>
<td>Agar Agar</td>
</tr>
<tr>
<td>Celery</td>
<td>Grape fruit</td>
<td>In obstinate cases or when bran and other coarse foods are too irritating, agar agar, which absorbs water but passes through the body unchanged, may be used as roughage.</td>
</tr>
<tr>
<td>Corn</td>
<td>Lemon juice</td>
<td>Buy agar agar at a drug store and cut in small pieces. Eat as it is or boil in water, flavor and cool. Use ½ oz. agar agar to 1 qt. water. Judge quantity by results. See agar agar recipe for Lemon Jelly.</td>
</tr>
<tr>
<td>Greens</td>
<td>Melons</td>
<td></td>
</tr>
<tr>
<td>Peas, green</td>
<td>Oranges</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>Peaches</td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td>Pears</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Pineapple</td>
<td></td>
</tr>
<tr>
<td>Turnip</td>
<td>Plums</td>
<td></td>
</tr>
</tbody>
</table>

Agar Agar

Buy agar agar at a drug store and cut in small pieces. Eat as it is or boil in water, flavor and cool. Use ½ oz. agar agar to 1 qt. water. Judge quantity by results. See agar agar recipe for Lemon Jelly.
SUGGESTED EXERCISES FOR CORRECTION OF CONSTIPATION

(Used by courtesy of Woman's Community Council, Minneapolis, Minn. Adapted by R. B. Rutherford, Professor of Physical Education, Oregon Agricultural College.)

FIRST SERIES

2. Bend knees, separating knees far apart, chest erect.
3. Straighten knees, remaining on tiptoe.
4. Heels sink.
5. Alternately place left or right foot about two feet ahead of other. Hands on hips. Alternate.
   Repeat six times, increasing to twelve or sixteen times. Take slowly, counting "one, two, three, four."

SECOND SERIES

1. Lie flat on floor, hands under hips, elbows and heels touching floor.
2. Draw knees to chest.
3. Straighten knees up over head.
4. Repeat No. 2.
5. Bring slowly to floor.
   Repeat this series six times, gradually increasing to twelve times.
THIRD SERIES

1. Position.

2. Arms above head, elbows touching floor, bend knees.

3. Straighten.

4. Let legs sink to floor slowly, maintaining the knees rigid.

Do all exercises slowly; repeat from six to twelve times.

FOURTH SERIES

1. Stand erect, hands over head.

2. Hands over head, feet stride stand. Bend oblique forward, touching fingers to toes if possible, alternating one side then the other. Keep knees straight.

3. Hold prone position (toes and elbows touching floor) for thirty seconds, increasing to one minute.

4. From prone position, keeping arms and knees straight, raise hips up and down.

2. SUGGESTIONS FOR SERVING ANTI-CONSTIPATION FOODS

Bread and Cereals.

Eat whole grain cereals rather than those that have been “refined” by the removal of all the roughage in the milling process. Bran may be added to a refined cereal to replace the roughage lost in milling. A mixture of several cereals, such as Roman meal, may be used with good results. Eat whole wheat bread, stale or toasted, not fresh. Gingerbread made with whole wheat flour is an excellent dessert. If bran and the coarse cereals are too irritating, roughage may be supplied from other sources, including vegetables, fruits, and agar agar.

Vegetables.

Eat generous servings of at least two bulky vegetables besides potato each day.
Serve vegetables:

1. In combination as main dish for dinner or luncheon with or without eggs.
   Examples:
   a. Creamed carrots; buttered spinach; boiled potato; crisp celery; poached egg.
   b. Scalloped corn; buttered beets; baked potato; lettuce salad.

2. In combination salads:
   a. Fresh, raw vegetables, such as, cabbage, carrot, celery, onion, turnip and nuts chopped or shredded.
   b. Cooked vegetables, such as, peas, beets and asparagus.
   c. Raw and cooked vegetables, such as string beans and shredded celery.

Fruit.
Eat fruit in some form at least twice a day.

Serve fruit:

1. As fruit juice—orange.
2. Fresh or stewed for dessert.
3. In combination.
   a. Fresh and dry fruits for breakfast.
      (1) Baked apple with raisins.
      (2) Stewed figs and fresh pears.
   b. Salads as main dish at luncheon or supper or in place of dessert at dinner.
      (1) Banana, date, orange, nuts.
      (2) Apple, grapefruit, cherry.

3. DAILY SCHEDULE FOR CORRECTING CONSTIPATION

Due to faulty habits of (1) eating, (2) elimination, and (3) exercise.
If other factors are involved, a physician should be consulted.

1. On rising drink one or two glasses of water (hot or cold as preferred).
2. At breakfast eat
   a. Fruit, fresh or dry, raw or cooked, with skins when possible.
   b. Whole grain cereal.
   c. Whole grain bread.
   d. A glass of water.
   e. Anything else desired in moderate amounts.
3. Go to the toilet soon after breakfast at the same hour each day.
   a. If a movement is difficult place the feet on a high stool or chair, keeping the knees up.
4. At 10 a.m. drink one or more glasses of water or buttermilk as desired.
5. At noon eat
   a. Vegetables, generous servings of at least two vegetables besides potato.
   b. Whole grain bread.
   c. A glass of water.
   d. Anything else desired in moderate amounts.
6. Mid-afternoon drink a glass of water.
7. At night eat
   a. Fruit.
   b. A large serving of at least one vegetable not potato.
   c. Whole grain bread.
   d. A glass of water.
   e. Anything else desired in moderate amounts.
8. At bedtime drink a glass of water.
9. Eat meat not more than once a day.
10. Drink little tea and coffee.
11. Eat regularly, slowly, and chew thoroughly.
12. If cathartic has been used continue to use in decreasing doses, until none is required. (Mineral oil or agar agar may be used.)
13. Be active in the open air at least 1/2 hour each day.
15. Persist in following the foregoing treatment. A condition of years' standing cannot be overcome at once.