



Diet And Lifestyle Related Causes Of **CHRONIC CONSTIPATION**

1



Frequent consumption of junk food/fried food or processed food. E.g. Pizza, Burger, Noodles, Vada, Samosa, Farsan etc.

2



Excess intake of food made from Maida (Bleached/All-purpose flour), e.g. Cakes, Cookies, Biscuits, Bread, Noodles, Roti/Naan(Made from Maida), etc

3



Insufficient water intake.

4



Excess intake of dairy products, e.g. Cheese, Paneer, etc.

5



Eating food rich in refined sugar, e.g. Sweets, artificial juices, Candies and confectionaries, etc.

6



Eating significantly less quantity of fibre (fruits and vegetables).

7



Excess and frequent consumption of Non-Vegetarian food (Chicken, fish, etc.) .

8



Eating food in a hurry and rapidly.

9



Not chewing food properly for sufficient time.

10



Eating food while watching television, smartphone.

11



Chronic Stress

12



Sedentary lifestyle

13



Irregular eating time and resisting the urge to pass the motion.

14



Excess intake of caffeine (coffee, tea, energy drinks, etc.)

15



Lack of sufficient sleep

16



Not enough physical activity

Tips To Prevent CHRONIC CONSTIPATION



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1. Eat more fruits and vegetables in the diet (High fibre content).
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2. Drink sufficient water daily (Approx. 8 glasses of water/day).
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3. Start the day with a glass of water.
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4. Eat more of complex carbohydrate (E.g. Whole wheat, Jowar, Unpolished rice, etc.)
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5. Reduce the quantity of Maida (Bleached flour) and its products in the diet.
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6. Reduce the quantity of refined sugar in the diet, especially fructose and sucrose (e.g. Sweets, Artificial juices, Candies, Jams, Cold drinks)
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7. Reduce the intake of Caffeine (Coffee, Tea, Energy drinks, etc.).
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8. Avoid excess consumption of process food/junk food.
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9. Do sufficient physical activity
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10. Avoid lying down immediately after a meal, instead make a habit of taking a stroll for 5-10 mins.
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11. Take a regular walk and do exercise.
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12. Avoid sitting for too long at one place
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13. Do not 'hold' the urge to pass the motion.
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14. Take sufficient sleep
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15. Chew your food properly before swallowing.
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16. Try to eat at a regular time and at regular interval.

There can be some underlying diseases and health conditions responsible for chronic constipation, which may require consultation and treatment from a medical expert.