**Guidelines to Treat Constipation**

**Nutrition**

* Eat three meals each day. Do not skip meals.
* Gradually increase the amount of [high-fiber foods](https://www.ucsfhealth.org/education/fiber_supplements/index.html) like dark colored vegetables, fruits etc in your diet.
* Choose more whole grain breads, cereals and rice.
* Select more raw fruits and vegetables -- eat the peel, if appropriate.
* Read food labels and look for the "dietary fiber" content of foods. Good sources have 2 grams of fiber or more.
* Drink six to eight glasses of water each day.
* Limit highly refined, processed and junk foods like sweets, chips, french fries, pizza, cold drinks etc.

**Exercise and Sleep**

* Exercise regularly. Try to do weight-bearing exercise, such as walking, three or more times each week.
* Go to sleep at a regular time each night. Make sure you get enough sleep.

**Stress and Anxiety**

* Try to limit stress in your life.
* Go for a short walk when you feel anxiety or stress increasing.