

Constipation and Fibre

When you have kidney disease, constipation becomes a challenge. There are many factors that contribute to constipation, including medications, decreased fibre intake, fluid restrictions and lack of exercise.

Adults require between 20-35 g fibre each day. The higher level (35g) of fibre may be impossible for a person with kidney disease to reach. Many of the high fibre foods are high in potassium and phosphorus. Also, when you eat more high fibre foods, you need to increase your fluid intake (it is important you stay within your fluid allowance).

The amount of fibre needed to help with constipation may vary from person to person. Focus on adding more high fibre food choices to your diet rather than focusing on the amount in grams.

How can I Reduce Constipation?

- Talk to your doctor or pharmacist about your concerns.
- Eat five servings of lower potassium fruits and vegetables per day.
- Choose water to drink, however it is important you stay within your fluid allowance.
- Be Active! Walking is great way to get active.
- Talk to your doctor about including physical activity into your daily routine.

Fruits:	Dietary Fibre
½ cup raspberries	4.0 g
½ cup blackberries	4.0 g
1 small pear, raw with skin	4.0 g
1 apple, raw with skin	3.0 g
½ cup strawberries	2.0 g
½ cup blueberries	2.0 g
½ cup applesauce	1.5 g
Vegetables:	Dietary Fibre
½ cup frozen peas, cooked	4.4 g
½ cup broccoli, cooked	2.6 g
½ cup green/yellow beans	2.0 g
½ cup cauliflower, cooked	1.5 g
½ cup zucchini, cooked	1.5 g
½ cup carrots, cooked	1.5 g
½ cup corn, cooked	1.5 g
½ cup cabbage (raw/cooked)	1.0 g
Grain Products:	Dietary Fibre
1 biscuit Shredded Wheat®	3.0 g
3 cups air-popped popcorn	3.0 g
1 slice Country Harvest Source One® Enriched White Bread	2.0 g
1 slice McGavins® “Smart” White Bread with Whole Grains	2.0 g
½ cup oatmeal	2.0 g
1 slice 60% whole wheat bread	1.0 g
*1 tablespoon ground flax	2.0 g

*Ground flax is a good source of fibre and Omega-3 fats. One tablespoon of ground flax equals one medium potassium choice.

Benefibre® (fibre supplement) can help with constipation. 1 package provides 3 g of fibre and 20 mg potassium. It can be added directly with food and not effect your fluids.

Renal Friendly Bran Muffins

Preheat oven to 400 F and lightly grease muffin tins.

1) Mix together in small bowl:

¼ cup oil

1 egg

1 tsp vanilla

1/3 cup honey

1 cup applesauce or crushed pineapple drained

Optional: ½ cup fresh or frozen blueberries or raspberries

2) In another bowl mix:

1 cup white flour

1 cup wheat bran

1 ½ tsp baking soda

¼ tsp cream of tartar

3) Pour liquid ingredients into dry mixture. Mix together. Do not over mix. Spoon into muffin tins. Bake for 15-20 minutes.

Cream of tartar and baking soda will only rise once so do not delay getting the muffins into the oven.

Makes 12 muffins

Nutrients for 1 muffin:

Protein	3.0g
Phosphorus	69 mg
Potassium	94 mg
Sodium	164 mg
Carbohydrates	20 g
Fibre	2.6 g

1 muffin = 1 low potassium fruit & 1 starch