

## nourishment notes

Cancer – Constipation

### Nourishment Notes



#### **Almonds**

Nuts and seeds contain healthy doses of insoluble fiber important to helping relieve constipation. Almonds also contain protein to help support muscles and vitamin E to help lower inflammation.



#### **Arugula**

Arugula is a leafy green vegetable that contains vitamin K to help with bone and heart health. It also contains important insoluble fiber to help relieve constipation.



#### **Avocado**

Avocados contain insoluble fiber to help relieve constipation. It's also a great source of heart healthy monounsaturated fats.



#### **Bell Pepper**

Most vegetable skins, such as those on a bell pepper, are a good source of insoluble fiber. Peppers also contain vitamin C important to immune health.



#### **Berries**

Berries, such as blueberries, blackberries, strawberries and raspberries, contain insoluble fiber to help relieve constipation. They also are rich in a variety of antioxidants to help protect healthy cells from damage.



#### **Broccoli**

Broccoli is a cruciferous vegetable high in insoluble fiber to help prevent constipation. It also helps promote eye health, lung health, liver function, supports bone health, increases healthy cell production and keeps the immune system working its best.

## nourishment notes

### Cancer – Constipation

#### Nourishment Notes



#### **Cannellini Beans**

Also known as white kidney beans, cannellini beans, contain a high amount of insoluble fiber. Insoluble fiber helps to draw water and add bulk, making it a great type of fiber for relieving constipation.



#### **Carrots**

Root vegetables, such as carrots, contain high amounts of insoluble fiber. Insoluble fiber can help prevent and relieve constipation, a common side effect of anti-cancer medications. Carrots also contain vitamin A important in strengthening the immune system.



#### **Cherry Tomatoes**

The skin of vegetables is a good source of insoluble fiber. Tomatoes are also a great source of lycopene to help reduce the risk of heart disease and lower inflammation.



#### **Chickpeas**

Chickpeas are rich in both insoluble and soluble fiber, but the high insoluble fiber content helps with relieving constipation. Chickpeas are also a great source of folate, an important nutrient for cell growth.



#### **Coconut**

Dried coconut contains insoluble fiber important in helping to relieve constipation.



#### **Coffee**

Coffee is a stimulant that naturally helps to relieve constipation.

## nourishment notes

### Cancer – Constipation

#### Nourishment Notes



#### **Farro**

Farro is a whole grain that contains both plant based protein and fiber. The fiber content can help to relieve constipation and the protein can help build new and healthy cells.



#### **Green & Purple Cabbage**

Cruciferous vegetables contain insoluble fiber to help relieve constipation. Cruciferous vegetables are also high in phytonutrients to help protect healthy cells.



#### **Ground Flaxseed**

Ground flaxseed is high in insoluble fiber to help reduce constipation and the discomfort associated with it. Flaxseed is also an excellent source of omega-3 fatty acids to help protect the heart and brain.



#### **Hummus**

The main component in hummus is beans. Beans are an excellent form of low-fat protein with a high amount of fiber to help relieve constipation.



#### **Kale**

Kale is a great source of insoluble fiber. Insoluble fiber can help a person find relief from constipation. It's also packed with a variety of vitamins, minerals and antioxidants such as quercetin. Quercetin may protect the heart from heart disease.



#### **Green Lentils**

Green lentils are a nutritional powerhouse! They are full of protein and fiber, as well as vitamins and minerals, like potassium, folate and iron. A half cup of cooked green lentils has about 9 grams of fiber, about 32% of your daily fiber needs! Fiber is very helpful for preventing constipation, a common side effect associated with cancer and anti-cancer medicines. Fiber is also beneficial for improving gut health.

## nourishment notes

Cancer – Constipation

### Nourishment Notes



#### **Pecans**

Nuts, such as pecans, contain healthy doses of insoluble fiber important to helping relieve constipation.



#### **Popcorn**

Popcorn is a whole grain and provides the body with important B vitamins. It's also a good source of fiber.



#### **Poppy Seeds**

Seeds, such as poppy seeds, contain high amounts of important insoluble fiber to help fuel digestive regularity.



#### **Potatoes**

The skin of a potato contains the highest amount of fiber, specifically insoluble fiber. Insoluble fiber helps to relieve constipation. Cooled potatoes also contain resistant starch that may help to feed gut-bacteria and promote a healthier digestive system.



#### **Radishes**

Aside from their crunch and fresh taste, radishes contain both insoluble and soluble fiber. The high lignan content, a type of insoluble fiber, makes them especially helpful in relieving constipation. They're also high in polyphenols to help protect healthy cells.



#### **Sunflower Seeds**

Seeds, such as sunflower seeds, contain high amounts of important insoluble fiber to help fuel digestive regularity. Sunflower seeds contain vitamin E important to helping reduce inflammation.

## nourishment notes

Cancer – Constipation

### Nourishment Notes



#### **Vegetables**

Raw vegetables and vegetable skins contain high amounts of insoluble fiber to help relieve constipation. Vegetables are also great sources of a variety of vitamins, minerals and antioxidants.



#### **Whole Grain Bread**

Whole grain bread contains insoluble fiber. Insoluble fiber helps to draw water and add bulk within the small intestines making it a great type of fiber for relieving constipation.