

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.

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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.

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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.

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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.

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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.