

## Constipating vs. Non-constipating foods list.

Write a list of all the foods your child has eaten in a day and put them into this chart.

**The non-constipating foods should be more than the constipating foods.**

Constipating foods	Non-constipating foods

**Examples of constipating foods:** all dairy products (cheese, milk, yogurt, ice cream), meats, bananas, starchy grains (like white rice), starchy vegetables (sweet potato, squash), potato products (french fries, potato chips, baked potatoes), most canned fruits and vegetables ("soggy" vegetables that have lost their fiber content), fried foods (donuts, fried chicken, etc), most processed foods (crackers, cookies, snack products, pretzels, etc, unless specifically listed as "high fiber"), white bread or "soft" wheat bread, pasta. Fruit juice (without pulp) is also low in fiber.

**Examples of non-constipating foods:** most vegetables, especially green leafy vegetables, most fruits (not fruit juice, except prune juice), whole grains (quinoa, brown rice, whole wheat, oats), nuts, seeds, beans (legumes).

