

## Free Diet Plan for Constipation

The most effective way to treat constipation is to follow a diet for constipation. Just for Hearts gives you a diet, that is rich in fiber and low in refined foods. This plan includes specific foods which will help you relieve constipation.

### Diet plan for Constipation

Time	Meal	Menu	Quantity
7.00 am	Early morning	Warm water Soaked Dry Anjeer Prunes	1 glass 2 no 2 no
7.30 am	Morning meal	Tea (Cow's milk)	1 Cup
9.00am	Breakfast	Milk Sugar Daliya/ Oats	1 glass ½ t 3T
11.00 am	Mid morning	Fruit (Banana)	1
1.30 pm	Lunch	Phulka Vegetable Salad	2 1 Bowl 1 Bowl
		Curd / Buttermilk	1 Katori
4.30 pm	Snacks	Kurmura with roasted chana	1 Bowl
6.00pm	Mid Evening	Fruit (Banana)	1
8.00pm	Dinner	Phulka Salads Dal Vegetable Curd	1-2 1 Bowl 1 Bowl 1Bowl 1 Katori

### ❖ Dietary Tips :

- Drink hot beverage or eat hot cereal first thing in the morning.
- Add unprocessed bran to foods. Start with adding 1tsp of bran to the cereals.
- Add flaxseeds to foods. Add 1 tablespoon of flaxseeds to the cereals.
- Include good quantity of raw vegetables and fruits in your diet.
- Good water intake is essential to relieve constipation. Drink at least 15-16 glasses of water daily. Daily intake of water 2.5 to 3 liters per day.

<b>Foods To Include</b>	<b>Foods To Avoid</b>
Raw whole fruits, vegetables, green vegetables, oats, whole grains, pulses, dry prunes, dry figs, flaxseeds, wheat bran.	Fruit juices with sugar, sweets, fried food, processed food, packed foods, butter, margarine, cream, mayonnaise, mutton, meat, fried chicken etc

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