

PKU and Constipation

I. Are you really constipated?

Question	Yes	No
Do you have hard, dry stool fewer than 3 times a week?		
Do you feel the urge, but have no success on the toilet?		
Do you bowel movements ever feel incomplete?		
Do you feel abdominal bloating or discomfort?		
Do you have to strain to pass stool?		

If you answered 'yes' to some of these questions then here are some changes you can make to help you feel better.

II. A balanced diet high in fiber

1. A healthy diet should include **20-35g of Fiber a day** from plant foods, such as fruits and vegetables.
2. Try a Fiber Supplement to help increase your fiber intake.

Supplement	Serving Size	Calories (kcal)	Fiber (g)	Protein (g)
Benefiber®:				
Powder	2 tsp	15	3	-
Chewables	3 tablets	30	3	-
Caplets	3 caplets	15	3	-
Stick Packs	1 packet	15	3	-
Metamucil®:				
Capsules	6 caps	10	3	< 1
Singles:				
Orange	1 packet	45	3	-
Sugar Free	1 packet	20	3	-
Powder:				
Orange	1 tbsp	45	3	-
Sugar free	1 tbsp	20	3	-
Wafers:				
Apple/Cinnamon Spice	1 packet	100	5	1
Clear & Natural	1 tsp	25	5	

*note: Metamucil® products may contain protein

3. Increase your fiber intake gradually to avoid the discomfort of gas, bloating or diarrhea.

4. Eat on a regular schedule and avoid skipping meals.

5. Read food labels and choose foods with > 4 grams of fiber per serving if they fit into your phe tolerance. Unfortunately, many gluten free foods do not contain a high amount of fiber. See below for a few examples:

Food	Serving Size	Fiber (g)	Protein (g)	Phe (mg)	Calories (kcal)
Glutino- Premium Bread w/Fiber	1 slice	2	0.8	39	90
Glutino- Premium Bread w/Flax	1 slice	1	1.2	63	100
Glutino- Premium Cinnamon Raisin Bread	1 slice	1	0.7	34	110
Glutino- Premium Harvest Corn Bread	1 slice	<1	0.5	28	90
Glutino- Pizza Crust	1 crust	3	1.4	82	270
Kinnickinnick Foods – gluten free blueberry, carrot or chocolate chip muffins	1 muffin	3,3,2	1.3 – 1.6	68-82	170 - 190
Glutino – Pizza or sesame flavored bread sticks	9 sticks		0	3	60
Glutino – Multigrain or original crackers	8 crackers	<1	0.8 (0.7)	43 (37)	140
Glutino – sesame ring pretzels	NA		1	46	150
Glutino – snack pack pretzels	24 pretzels	3	0.2	9	140
Glutino – vegetable crackers	8 crackers	<1	1.0	53	130
Glutino – pretzel sticks	33 pretzels	3	0.2	9	140
Snyder’s Gluten free pretzel sticks	40 sticks	<1	0.1	6	120
Ener-G foods cinnamon cookies	2 cookies	0	0.0	1	160
Glutino Chocolate chip cookies	4 cookies	2	1.3	66	130

III. Fluid

1. Include 8 to 10 cups of fluid a day. Such as water, fruit and vegetable juice, clear soups and water from your PKU formula (counts too).
2. Try a hot beverage before breakfast this will help stimulate the colon to have a bowel movement.
3. Spread fluid evenly throughout the day.
4. Choose fewer drinks with alcohol or caffeine, as they tend to dry out your digestive system

IV. Activity

The more you move, the more regular your bowel movement will be.

1. Aim for 30 – 60 minutes of activity every day.
2. Tips to incorporate more activity into your daily routine:
 - a. Walk whenever you can (get off the bus early, park a bit further away), use the stairs (avoid the elevator), enjoy playful indoor & outdoor activities with friends and family

V. Fruit Lax

Making your own fruit lax is a natural, economical step toward regular bowel movements. Have 2 tablespoons daily with a meal and fluid to drink. Spread it on toast, or mix into hot cereal or yogurt.

Recipes for Fruit Lax

Recipe #1	Recipe #2
1 cup pitted prunes 1 cup raisins 1 cup pitted dates 1 cup apple, prune or orange juice Simmer fruit in juice for several minutes, and then mix together in a blender until smooth.	1 cup apple sauce 1 cup oat bran ½ cup prune juice Mix together and refrigerate.
Nutrition analysis: 2 tbsp = 20mg phe Whole Recipe = 670mg phe	Nutrition analysis: 2 tbsp = 45mg phe Whole Recipe = 860mg phe

*** Can be frozen or refrigerated up to 2 weeks, then discard unused portions.

VI. Establish good bowel habits

1. Use the bathroom about the same time each day
2. Respond to the urge to have a bowel movement. Ignoring the urge may lead to long-term problems.
3. Go to the bathroom after a meal. Your body may want to eliminate waste to make room for the food you just ate.
4. Allow for adequate quiet time for bowel movements (10-15 mins in the bathroom is reasonable)