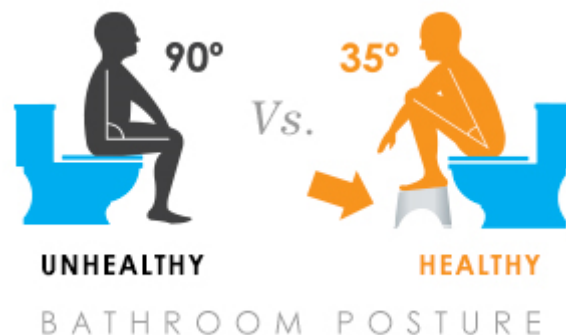


Perfect Your Poop Style & Increase your Fibre

Defecating is one of our main detoxification pathways and during pregnancy hormonal changes can start to slow down transit time which can then lead to bouts of constipation.

Attaining a great anorectal angle whilst pooping will help you empty the rectum more fully and avoid straining which will increase pressure on the pelvic floor which we are trying to avoid. Any object(s) that get your knees up as pictured and is stable is a great start to a great pooping strategy worth its weight in gold.



How can I add fibre to my diet?

A woman aged between 18-50yrs should get 25grams of fibre daily. Over 50yrs is 21grams. Increasing your general intake of vegetables will help A LOT, so will making juices with 'fibre in mind'.

These 2 juices are great:

Example 1: Prune, pear and ground flaxseed juice. Juice 2 pears and 2 handfuls of spinach, then add the juice to the blender containing 5 prunes and 2 tablespoons of ground flaxseeds. Blend until smooth then drink straight away.



Example 2: Ground flaxseed (or chia seed), carrot, pear, avocado and ginger juice. Juice 3 carrots, a piece of ginger, 1 pear then add the juice to the blender containing half an avocado and 2 tablespoons of ground flaxseeds. Blend until smooth then drink straight away.

Foods with fibre

Part of making smarter fibre choices is knowing what foods contain the most fibre. Fortunately, these foods are found easily at most supermarkets.

	Food	Amount	Estimated grams of fibre
Legumes	Soybean kernels	175 mL (3/4 cup)	22.5
	Black beans	250 mL (1 cup)	15.0
	Lentils	175 mL (3/4 cup)	6.2
Vegetables	Peas	125 mL (1/2 cup)	5.6
	Brussels sprouts	250 mL (1 cup)	6.4
	Potato (with skin)	1 medium	4.4
	Corn	250 mL (1 cup)	4.2
	Carrot	1 medium	2.0
Fruit	Pear	1 medium	5.1
	Blueberries	250 mL (1 cup)	3.5
	Apple (with skin)	1 medium	3.3
	Orange	1 medium	3.1
	Kiwi	1 large	2.7
	Banana	1 medium	2.0
Grains	Bran cereals	Serving size as specified on package	4 to 14 (Check the label!)
	Oatmeal	250 mL (1 cup)	4.0
	Whole-wheat bread	1 slice	2.4
	Whole-wheat spaghetti	125 mL (1/2 cup)	2.4
	Brown rice	125 mL (1/2 cup)	2.0
	Rye bread	1 slice	1.9
Nuts and seeds	Almonds	60 mL (1/4 cup)	4.1
	Sunflower seeds	60 mL (1/4 cup)	3.8
	Peanuts	28 nuts	2.3
	Flax seeds	15 mL (1 Tbsp)	2.0