

Keepin' It Regular

tips and tricks for resolving intestinal issues

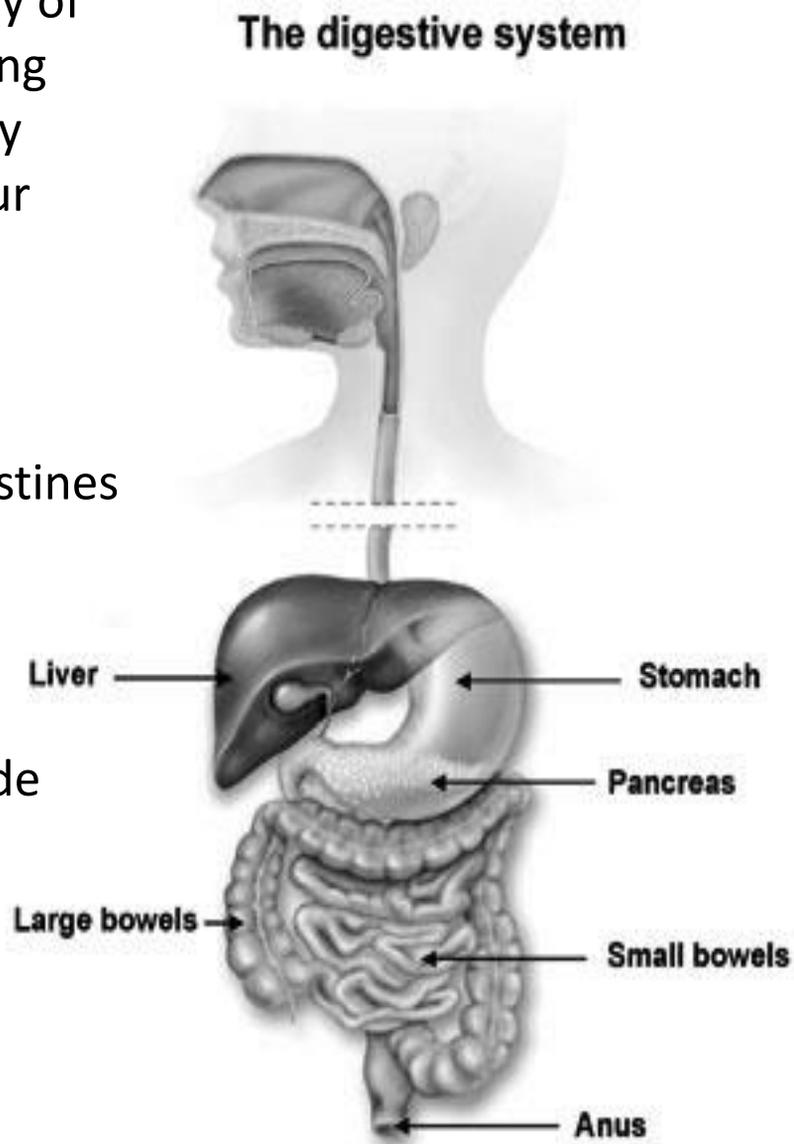
As you age the gastrointestinal track changes for a variety of different reasons, including changes in how your body works and changes in your lifestyle.

Natural changes include

- less motility in your intestines
- less acid produced in your stomach

Changes in lifestyle include

- Drinking less fluids
- Beings less active
- Effects of different medications



Hydration

How can I tell if I am dehydrated?

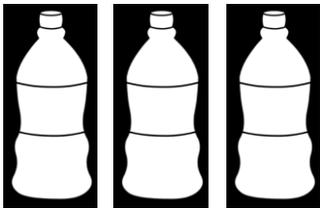
- Dry mouth
- Sleepiness
- Dry Skin
- Headache or dizziness
- Constipation

When should I pay extra attention?

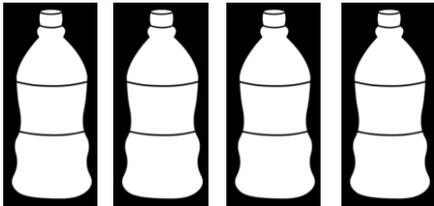
- If you are constipated or taking laxatives
- If you are being physically active
- On hot days
- If you are having loose stools or diarrhea
- If you haven't been eating a lot
- If you have dark urine

The amount of water you need during the day depends on how much you weigh, aim for the amounts below

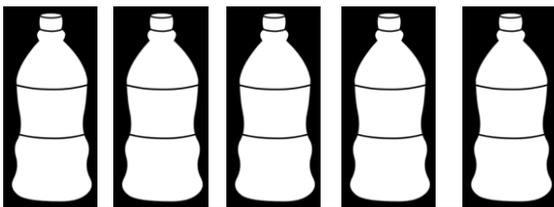
100-150 lbs: 3 (500 ml) bottles



150-200 lbs: 4 (500 ml) bottles



200-250 lbs: 5 (500 ml) bottles



Tips for working in extra fluid

- Eat more fruits and vegetables
- Eat more moist foods
- Always have a water bottle or beverage near by

Dry Mouth

Having a dry mouth can make chewing and swallowing more difficult, increase the risk for developing mouth sores, as well as decrease the amount of flavor we can taste in our food

- What causes dry mouth?
 - Dehydration
 - Snoring or breathing with your mouth open
 - Tobacco use
 - Certain medications or the combination of taking multiple medications
 - Pain pills, cancer therapies, drugs for neuropathy, anti-depressants, anti-anxiety, decongestants, and anti-histamines
- How do I fix it?
 - Drinking enough fluids
 - Sucking on sugar free candy
 - Chewing on sugar free gum
 - Sucking on ice cubes
 - Artificial saliva products like Biotene®

Constipation

- What causes constipation?
 - Not eating or drinking enough
 - Natural changes in intestinal motility as you age
 - Physical inactivity
 - Certain medications (listed on next page)
- What is normal?
 - Normal for everyone is different, ideally you should have 1 bowel movement every other day
 - Less than one every 3 or 4 days is considered constipation
- **How do I get more regular?**
 - **More Fiber**
 - **More Fluid**
 - **More Activity**



Medications and Motility

- Common medications that cause constipation
 - Pain relievers
 - NSAIDS
 - Antacids
 - Iron supplements
 - High blood pressure medications
 - Parkinson’s disease medications
 - Neuropathy medications
 - Over use of anti-diarrheal medications
- Medications that cause diarrhea
 - Antibiotics
 - Over use of laxatives and stool softeners
- Common medications to relieve constipation
 - Metamucil[®], Benefiber[®]
 - Dicolax[®]
 - Senokot[®]
 - Miralax[®]
 - Philips Milk of Magnesia[®]
- Common medications to relieve diarrhea or loose stools
 - Imodium[®]



Foods for keepin' it regular

1. High fiber foods

Soluble Sources		Insoluble Sources	
Food	Serving Size	Food	Serving Size
Oatmeal	1/2 cup	Whole Grain breads/muffins/pasta	1 slice, 1 muffin, 1/2 cup cooked
Oat cereal	1 cup	Wheat bran	1/2 cup cooked
Berries	1 cup	Corn bran	1/2 cup cooked
Oranges	1 medium	Seeds	1/3 cup
Banana	1 medium	Barely	1/2 cup cooked
Lentils	1/2 cup	Zucchini	1/2 cup cooked
Beans	1/2 cup	Celery	4 medium sticks
Brown rice	1/2 cup cooked	Brown rice	1/2 cup cooked
Nuts	1/3 cup	Nuts	1/4 cup
Flaxseeds	1/3 cup	Potatoes	1/2 cup
Psyllium (metamucil)	1 tablespoon	Other vegetables	1/2 cup coked, 1 cup raw

2. Probiotics

Yogurt with live cultures like Activia (serving size 1 cup)

3. Fluid

Check the page on hydration to see how much water you should drink

4. Prunes

Prunes contain a non-digestable sugar alcohol that acts to draw fluid into the intestinal tract (serving size 7 medium sized prunes or 1/2 cup juice)

Black-eyed Pea Dip

Ingredients

- 1 can black eyed peas
- ¼ whole onion chopped fine
- ¼ cup sour cream
- 8 slices jarred jalapenos slices
- 1 cup grated cheddar cheese
- 3 tbsp salsa
- Hot sauce to taste
- Salt and black pepper to taste



Instructions

- Preheat oven to 350 degrees
- Drain black eyed peas and partially mash, leaving some whole
- Add all other ingredients, stir to combine
- Spread into 1 and ½ qt baking dish and bake for 20-30 minutes until hot and bubbly
- Serve with your choice (ex. Pita pocket, tortilla, spread on sandwich)

*Ingredients can be blended down for ease of preparation

Nutrition Facts

Serving Size 1/3 cup (1g)

Amount Per Serving

Calories 161

% Daily Values*

Total Fat 1.8g	3%
Saturated Fat 0.9g	5%
Trans Fat 0g	
Sodium 165mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 2.6g	10%
Sugars 0g	
Protein 2g	4%

*Percent Daily Values are based on a 2,000 calorie diet.

Prune Brownies

Ingredients

- ¾ cup cocoa powder
- ½ cup all-purpose flour
- 1 cup sugar
- ½ teaspoon salt
- 2 tablespoons unsalted butter
- 2 eggs
- ¼ cup prune puree*
- 5 oz dark chocolate
- ½ cup toasted walnuts



Instructions

- Preheat oven to 350 degrees
- Line an 8 x 8 inch baking pan with parchment paper or foil
- Combine cocoa, flour, sugar, and salt in a bowl
- In another bowl whisk butter, eggs and prune puree together
- Add the dry ingredients and stir just to combine (do not overmix)
- Fold in the dark chocolate chunks, and walnuts (optional)
- Spread into the prepared pan and bake for 45 minutes (or until set)
- Use the parchment or foil to remove the brownies to a cooling rack
- Cool before cutting into 16 2 x 2 inch brownies
- *To make prune puree soak 1/3 cup dried prunes in a bowl with boiling water. Let them soak for 10 minutes or so until they regain their moisture. Place moist prunes in a food processor or blender and blend until smooth. You might have to add a teaspoon or so of water to get it going but the consistency should be like applesauce.

Nutrition Facts	
Serving Size 1 2x2 square (1g)	
Amount Per Serving	
Calories 159	
	% Daily Values*
Total Fat 7.4g	11%
Saturated Fat 3.2g	16%
Trans Fat 0g	
Sodium 85mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber 2.9g	12%
Sugars 0g	
Protein 3.2g	6%
*Percent Daily Values are based on a 2,000 calorie diet.	