

e. Fibre

MODULE 5

"It is always a good idea to choose foods high in fibre."

Constipation is a common problem during pregnancy. Fibre is a natural laxative and will help to prevent constipation. When eating foods high in fibre, be sure to drink lots of fluid to keep the fibre soft.



Higher fibre foods include :

- whole grain breads and cereals
- vegetables and fruits
- dried peas, beans, and lentils.

Staying active is also a good way to prevent constipation. Consult Module 2 for more information.