

CHILDREN SHOULD CHEW FOOD THOROUGHLY TO AVOID CONSTIPATION

Dear Dr Grace,
My daughter loves bread but, unfortunately, it gives her constipation. What can I feed her on to deal with the constipation once and for all?

Peter

Dear Peter,
There is no problem with your daughter loving bread and you do not need to get scared. What you have to do is to find a solution for her to empty her bowel. Do this about twice a day, regularly and without effort.

Difficult bowel movements such as sitting on the toilet for ages, trying to force something out or dropping little 'goat pellets' are signs of constipation.

You, therefore, need to give her foods that increase the flow of food, hence reducing constipation. Such foods



include fresh fruits, green vegetables and whole grains.

Consider the following

- Give your daughter a lot of drinks
- Give pumpkin seeds

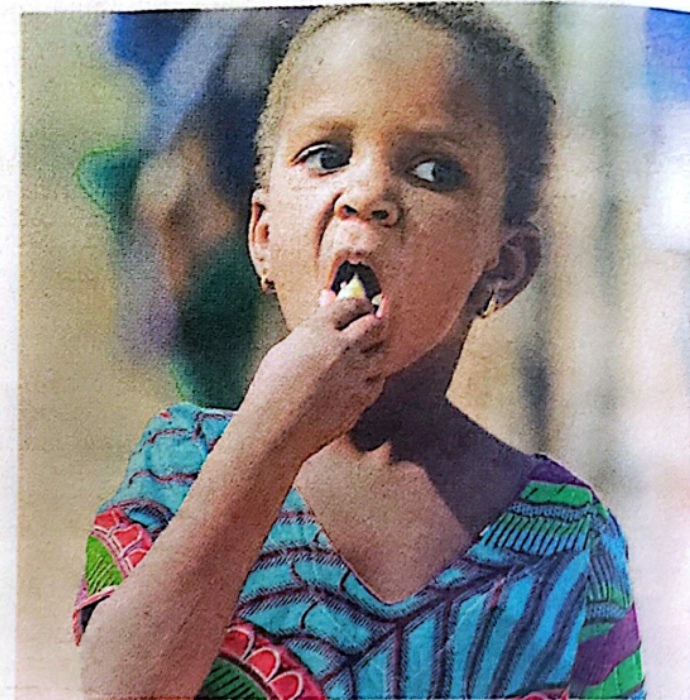


to your child. These are full of fibre, which can help her to keep constipation at bay.

- In addition to diet, allow your child to engage in activities which allow her to have moderate exercises.
- Train your child to eat slowly and chew the food thoroughly.
- Reduce saturated fats, too much sugar and sweets in her diet.

- You can also give your child aloe vera. One tablespoon, twice daily or mixed with juice will be good for her.

Dr. Grace Nambatya Kyeyune has a PhD in medicinal Chemistry. If you have any inquiries about nutrition for her, send an email to: sundayxtra@newvision.co.ug



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