

What can help with constipation during pregnancy?

Constipation is common near the end of pregnancy. Eating more foods with fiber can help fight constipation. Fiber is found in fruits, vegetables, whole grains, beans, nuts, and seeds. You should aim for about 25 grams of fiber in your diet each day. Good sources of fiber include:

- Apples
- Bananas
- Lentils
- Raspberries
- Split peas
- Whole-wheat pasta

Check the labels on packaged foods and choose higher-fiber options if possible. If you have not been getting your 25 grams a day, increase the amount of fiber you eat a little each day. Drink a lot of water as you increase your fiber intake.

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