



# First Foods for Constipation

## Helper Foods

Offer these foods to help your baby stay regular during the transition to solids

Apricot	Flaxseed	Peach	Prunes
Avocado	Kiwi	Pear	Raspberries
Beans	Mango	Peas	Watermelon
Broccoli	Orange	Pineapple	Zucchini
Chia seeds	Papaya	Plum	

## Limit these foods

Bananas	Pasta	White rice
Cheese	White bread	Yogurt

### Additional tips:

- Offer sips of water from an open cup or straw as part of mealtimes when baby starts solid to keep things moving
- Provide plenty of floor time to allow baby to move her body; limit time in seats/containers
- As always, if baby is really struggling with stooling, consult your pediatrician for next steps