

## Opioids, Constipation and Your Diet

Opioid use can cause constipation. You should increase dietary fiber and fluid intake when using opioids. Women need 25 grams fiber per day and men need 35 grams fiber per day. Here are some fiber-containing foods and the grams of fiber contained in a given serving size.

Food	Serving Size	Grams/ Serving	Food	Serving Size	Grams/ Serving
Popcorn	3 cups	3.6 grams	Wild Rice	1 cup	3 grams
Brown Rice	1 cup	3.5 grams	Quinoa	1 cup	5.2 grams
Oatmeal	1 cup	4 grams	Baked Beans	1 cup	13.9 grams
Barley	1 cup	6 grams	Split Peas	1 cup	16.3 grams
Bran Flakes	1 cup	7 grams	Kidney Beans	1 cup	13.6 grams
Whole-Wheat Pita	1 large pita	4.7 grams	Green peas	1 cup	8.8 grams
Whole-Wheat English Muffin	1 muffin	4.4 grams	Lentils	1 cup	15.6 grams
Whole-Wheat Pasta	1 cup	3.9 grams	Sweet Potato	1 medium sweet potato	3.8 grams
Corn	1 cup	3.6 grams	Okra	1 cup	4 grams
Cooked Spinach	1 cup	4.3 grams	Winter Squash	1 cup	6.6 grams
Artichoke	1 medium artichoke	10.3 grams	Cauliflower	1 cup	2.1 grams
Apple	1 medium apple	4.4 grams	Pear	1 medium pear	5.5 grams
Orange	1 medium orange	3.1 grams	Raspberries	1 cup	8 grams
Blackberries	1 cup	7.6 grams	Strawberries	1 cup	3.3 grams