Limit intake of refined sugar (sweets and rich deserts)

Regularize your eating time and food habits

Aim for a regular bowel action every second day

Practice a healthy lifestyle: exercise regularly and abstain from smoking

Avoid stress: learn how to relax, improve sleeping patterns, exercise regularly, practice deep breathing and adopt good time management techniques

Include foods rich in fiber:
5 portions of fruit and vegetables a day, including whole grains and legumes

Choose fruits rich in pectin, such as apples, strawberries, lychees or pears, to increase stool volume and ease passage

Consume fermented dairy products, containing probiotics with proven benefits on constipation

Drink 2 liters of drinking water a day while decreasing intake of caffeinated, alcoholic and sugar rich beverages

Reduce intake of foods high in animal fat, greasy and fried foods