

SPACE TO BREATHE

FOOD TO SUPPORT CONSTIPATION & BOWEL REGULARITY



PEARS

Why it can be useful

-  **Fibre**
-  **Fluid-rich fruit**
-  **Naturally portable**

Simple ways to use it

- 1 Eat with the skin**
- 2 Slice into porridge**
- 3 Poach until soft**

REMEMBER

This food can support a balanced diet, but it does not treat or cure a condition. Check allergies, intolerances and individual dietary advice.