**Fibre Workstation - Worksheet**

You can take this worksheet away with you along with the Guts UK Leaflet called “All you need to know about Constipation.”

**Please watch the 5-minute video on Adult Constipation**

***Answer these questions:***

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| --- | --- |
| **What are “Normal” stool types on the Bristol Stool Chart?** |  |
| **What are the causes of Constipation?** |  |
| **How much Fibre should an adult eat?** |  |
| **What are the best sources of Fibre?** |  |
| **How will you add more fibre into the everyday diet of your residents?** |  |