

High Fiber Diet

A high fiber helps control constipation and promotes normal bowel movements. It can also help to reduce cholesterol in the blood, lower the risk of some cancers and prevent over eating.

How much fiber should my child get?

The recommended range of fiber is the child's age plus 5 to 10 grams per day. For example:

6 years old + 5 grams = 11 grams per day

6 years old + 10 grams = 16 grams per day

Range = 11 to 16 grams per day

Meeting fluid needs is essential with a higher fiber diet

Minimum fluid needs are based on weight:

Child's weight	fluids needed per day
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7 to 12 pounds	16 to 28 oz.
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21 to 26 pounds	40 to 48 oz.
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35 to 44 pounds	56 to 64 oz.
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63 to 99 pounds	76 to 84 oz.
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8 ounces = 1 cup

How can we increase fiber in our diet?

- Add 1 to 2 new higher fiber foods each week. More fruits, vegetables, and whole grains are a good starting point.
- Children are more accepting of change if the change is for the whole family. Mom and Dad's diet should have the same foods.
- New foods may need to be part of the meal several times before a child will begin to like it. Be a good example and eat the new food.

- Choose cereals that have 2 grams of fiber or more.
- Look at the ingredient list. High fiber is whole wheat, oat, or grain wheat. Wheat flour is not high in fiber.

Fiber in Foods

Highest in fiber (4 grams or over)

CEREALS, GRAINS

Frosted Mini Wheats - 1 cup

Fruit & Fiber - 1 cup

Grape Nuts - 1/2 cup

Raisin Bran - 1 cup

Shredded Wheat - 1 cup

Triscuits - 7

FRUIT

Pear - 1 medium

Raspberries - 1 cup

Strawberries - 1 cup

BEANS AND LEGUMES

Baked beans - 1/3 cup

Black beans and rice - 1 cup

Chick peas - 1/2 cup

Garbanzo beans - 1/2 cup

Great northern beans - 1/2 cup

Kidney beans - 1/2 cup

Lentils - 1/2 cup

Navy beans - 1/2 cup

Lima beans - 1/2 cup

Pinto beans - 1/2 cup

Refried beans - 1/2 cup

High in fiber (3 grams)

CEREAL, GRAINS

Baked potato with skin - 1 medium

Brown rice - 1 cup

Chex mix - 1 cup

Oatmeal:

Instant - 1 package

Quick - 2/3 cup

Popcorn - 3 cups

Toasty O's - 1 cup

FRUIT

Apple - 1 medium

Orange - 1 medium

Blueberries - 1 cup

Moderate fiber (2 grams)

CEREAL, GRAINS

Cheerios - 1 cup

Couscous - 1 cup

Fig Newtons - 2

Life cereals - 3/4 cup

Wheat Thins - 17

Whole wheat bread - 1 slice

Peanut butter - 2 Tbsp.

Peanuts - 1 oz.*

FRUIT

Banana - 1 medium

Kiwi - 1 medium

Nectarine - 1 medium

Pineapple - 1/2 cup

Raisins - 2 Tbsp.

VEGETABLES

Carrots - 1 medium

Peas - 1/2 cup

Salsa - 1/4 cup

Spaghetti sauce - 1/2 cup

Mixed vegetables - 1/2 cup

Sample Menu

Breakfast

Frosted Mini Wheats

Milk

Orange juice

Lunch

Peanut butter and jelly on
whole wheat bread

Carrot sticks

Milk

Dinner

Spaghetti with sauce

Green beans

Garlic bread

Oatmeal cookie

Snacks

Granola bar

Triscuits

Apple slices

Cheerios with milk and banana

*Children under 3 should avoid due to risk of choking.