

Increasing Fiber in Your Child's Diet

What is fiber?

Fiber comes from plant foods like fruits, vegetables, and grains. It is not digested or chemically broken down in the body. There are two types of fiber. People need both types every day.

- **Insoluble fiber** “scrubs” and stimulates the intestinal tract. It is found in whole grain products and high fiber bran cereals.
- **Soluble fiber** soaks up wastes like a sponge. It is found in oatmeal, barley, apples, and carrots.



Why is fiber so important?

- Fiber fills you up so you feel full longer.
- High fiber foods are full of vitamins and nutrients and are rich in antioxidants.
- Adding more fiber in the diet increases bowel function. This can increase the elimination of waste and fat (cholesterol) from the body.

What about fiber pills?

Pills and powders do not help you feel full. They may only contain a small amount of actual fiber. It is always best to get your fiber from real food. You will also benefit from the extra vitamins and minerals in high fiber foods.

How much fiber does my child need?

Use this formula to figure out how much fiber your child needs in one day:

- Your child's age in years + 5 = grams of fiber needed per day

Example: Eric is 10 years old. The amount of fiber he needs every day is 10 (his age) plus 5. This means Eric needs a total of 15 grams of fiber per day.

Use the fiber chart on Page Two to choose foods with fiber

Offer your child foods with fiber and limit foods with no fiber. This chart will help you make choices about foods.

Other fiber boosting tips:

Nutrition Facts	
Serving Size ¼ cup	
Servings per Container 11	
Amount per serving	
Calories 100	Calories from Fat 10
% Daily value*	
Total Fat 1g	
Saturated Fat 0g	
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	
Sodium 150mg	
Total Carbohydrate 26g	
Dietary Fiber 6g	
Sugars 6g	
Protein 2g	
Vitamin A 0%	Vitamin C 15%
Calcium 0%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

- Read the food label when grocery shopping. High fiber foods have **5 grams of fiber** or more per serving. Switch to whole grain breads with at least 2 grams of dietary fiber per serving. The first ingredient on the food label should be whole grain or whole wheat.
- Start your day with a high fiber cereal, muffin or granola bar.
- Add crushed bran cereal to baked goods such as meatloaf, casseroles and cookies. You can also use it as a topping on vegetables, casseroles or salads.

Offer your child plenty of fluids every day

Your child needs enough fluids every day to help stools stay soft and pass easily. Use this chart so that you know what your child needs each day:

Weight in Pounds	Fluids per day
10 pounds	16 ounces (2 cups)
20 pounds	30 ounces (3-3/4 cups)
30 pounds	40 ounces (5 cups)
40 pounds	48 ounces (6 cups)
50 pounds	52 ounces (6 ½ cups)
60 pounds	55 ounces (7 cups)
80 pounds	61 ounces (7 ½ cups)
100 pounds	67 ounces (8 ¼ cups)
120 pounds	73 ounces (9 cups)
140 pounds	79 ounces (10 cups)
150 pounds	82 ounces (10 ¼ cups)

Other Helpful teaching sheets

- #1069 – Fiber Chart
- #1553 – High Fiber Recipes

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.

<p style="text-align: center;">Cereals</p>	<p style="text-align: center;">Fruits</p>	<p style="text-align: center;">Vegetables</p>
<p>1 to 2 grams per serving</p> <ul style="list-style-type: none"> • 1 biscuit Shredded Wheat™ • 1 cup Cheerios™; Crispy Wheat N Raisins™ • 1/4 cup Grape Nuts™ <p>3 to 4 grams per serving</p> <ul style="list-style-type: none"> • 2/3 cup Nutri-Grain™; Wheat Chex™ Oatmeal (old fashioned cooked type) • 1 cup Total™; Wheaties™ • 1/2 cup Frosted Mini-Wheats™ <p>5 to 6 grams per serving</p> <ul style="list-style-type: none"> • 3/4 cup Bran Flakes™; Raisin Bran™ • 2/3 cup Bran Chex™; Corn Bran™ Kellogg's Squares™ (raisin, strawberry, blueberry, apple) • 1 cup Raisin Nut Bran™ <p>Over 7 grams per serving</p> <ul style="list-style-type: none"> • 1/3 cup All Bran™; Bran Buds™; Fiber One™ 	<p>Any fresh fruit is good. Try to have your child eat the fruit with the edible skin on it (be sure to wash the fruit first). The outer peel has the most fiber.</p> <p>1 to 2 grams per serving</p> <ul style="list-style-type: none"> • 1 medium size Banana (ripe), Kiwi fruit, Nectarine, Peach, Plum • 1/4 cup Raisins • 1 cup Pineapple (fresh) • 15 pieces Grapes <p>3 grams per serving</p> <ul style="list-style-type: none"> • 1 medium size Apple with skin; Orange • 1 cup Blackberries; Blueberries; Strawberries; Raspberries <p>4 to 5 grams per serving</p> <ul style="list-style-type: none"> • 1 medium Pear • 10 halves dried Apricots • 6 to 8 pieces Prunes or Figs 	<p>Raw vegetables are best. You may need to grate, grind, or chop vegetables to reduce the risk of choking.</p> <p>1 to 2 grams per serving</p> <ul style="list-style-type: none"> • ½ cup: Greens (cooked collard, turnip or mustard greens); Broccoli; Corn; Cauliflower; Spinach (cooked); Cabbage (cooked); Carrots (raw); Beets; Squash; Green beans. • 1 cup Spinach (raw) • 1 medium size Tomato <p>3 to 4 grams per serving</p> <ul style="list-style-type: none"> • 1/2 cup: Green peas; Brussels Sprouts • 1 medium Sweet Potato (Yam) with skin; Potato with skin • 1 small ear Corn-on-the-cob <p>Over 5 grams per serving</p> <ul style="list-style-type: none"> • 1/2 cup: Lima beans (8 grams per serving)
	<p>Breads, Grains, Dried Beans, & Peas</p> <p>1 to 2 grams per serving</p> <ul style="list-style-type: none"> • 1 slice Whole wheat bread; Rye bread; Pumpernickel bread • 1, 6-inch size Corn Tortilla • 4 squares Graham crackers • 3 crackers Ry Crisp™ crackers <p>1 waffle Nutri-Grain™ plain waffle</p> <p>3 to 4 grams per serving</p> <ul style="list-style-type: none"> • 1/2 cup Whole wheat pasta • 1 cup Brown rice • 1 small Bran Muffin • 3 to 4 crackers Whole wheat crackers • 3 cups Popcorn • 1 waffle Nutri-Grain™ Multi-bran waffle <p>5 to 6 grams per serving</p> <ul style="list-style-type: none"> • 1/2 cup Kidney beans; Pinto beans; Navy beans; Vegetarian Refried beans; Baked beans; Split peas; Chick peas; Black-eyed peas; Lentils 	