

Kid Friendly Fiber

Fiber is the indigestible portion of food that allows stools to become softer, bulkier and easier for children to pass. Fruits, vegetables and whole grains are naturally high in fiber.

“Give me five and my age!”

A quick rule of thumb for children from 3-18 years old is their age + 5 grams of fiber each day. For example, a 6 year old + 5 grams of fiber = 11 grams of fiber each day.

Foods High in Fiber

	FOOD	AMOUNT	GRAMS OF FIBER
FRUITS			
	Applesauce	1 cup	1
	Apple with peel	1 medium	3
	Orange	1 small	2
	Raisins	2/3 cup	5
	Pears	1 with skin or 1 cup canned	2
	Prune Juice	4 ounces	1.5
GRAINS			
	Bran Flakes	¾ cup	5
	Frosted Mini-wheats®	24 biscuits	6
	Granola	¾ cup	3
	Wheat Chex®	¾ cup	5
	Whole Wheat Bread	1 slice	2-3
	Grapenuts	½ cup	5
	Kelloggs Eggo® Nutri-grain® Waffles	2 waffles	6
	Allbran granola bar	1	5
	Instant oatmeal	1 packet	3
VEGETABLES			
	Baked Beans	½ cup	6
	Kidney Beans	½ cup	8
	Broccoli	½ cup cooked	2
	Corn	¾ cup	1
	Potato	1 small baked with skin	3
	Peas	½ cup	2
	Carrots	½ cup cooked	2
	Carrot	½ cup baby raw	4
	Squash	½ cup cooked	2
	Minestrone Soup	1 cup	4
	Lentil Soup	1 cup	6
	Peanuts	¾ cup	2

TIPS TO MAKE FIBER-RICH FOODS FUN!

- Mix grapenuts into yogurt or sprinkle onto ice cream for an unexpected crunch!
- Make a high fiber trail mix with high fiber cereal, dried cranberries, raisins and nuts.
- Add unprocessed bran to cereals, casseroles and macaroni and cheese topping, yogurt, applesauce, mashed potatoes and muffin mixes.
- Add dried fruit to cereal, yogurts, salads or ice cream.
- Choose more whole grain breads instead of white.
- Add nuts to cookie mixes and baked goods.

***REMEMBER** – Fiber can be filling, especially to a little tummy – so divide high fiber foods throughout the day.

***ALSO!** It is **VERY IMPORTANT** to make sure your child drinks plenty of fluids when increasing fiber because if your child doesn't take in enough fluid, constipation can worsen. See **Fluid Needs for Children** handout for more information.

Nutrition Facts	
Serving Size 7 crackers (30g)	
Servings per Container About 9	
Amount per Serving	
Calories 130	Calories from fat 35
% Daily Value	
Total Fat 4g	6%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	10%
Total Carbohydrate 21g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	

When reading a food label, it is important to look at the **servings size** and the **grams of total fiber**. The total grams of fiber listed are the amount of fiber in the stated serving size.

If you have any further questions, a Reliant Medical Group Nutrition Education Specialist is available to help: call (508 852-6175, or 1 (888) 392-0183