

Increasing Fiber In Your Child's Diet

A diet with more fiber to prevent constipation is recommended for your child

When your child is constipated this means that your child has a hard time passing stool (having a bowel movement). There are many reasons that constipation can occur. Most often, it is because your child does not drink enough fluid or does not eat enough fiber. Fiber comes from plant foods. Humans cannot digest fiber so it passes through the digestive system mostly intact. This promotes regular bowel movements.

How much fiber does my child need?

There is a simple way to figure out how much fiber your child needs in one day.

Use this formula: 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.

Offer your child plenty of fluids every day

Your child needs enough fluids every day so that 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	Weight in Pounds	Fluids per day
10 pounds	16 ounces (2 cups)	80 pounds	61 ounces (7 ½ cups)
20 pounds	30 ounces (3-¾ cups)	100 pounds	67 ounces (8 ¼ cups)
30 pounds	40 ounces (5 cups)	120 pounds	73 ounces (9 cups)
40 pounds	48 ounces (6 cups)	140 pounds	79 ounces (10 cups)
50 pounds	52 ounces (6 ½ cups)	150 pounds	82 ounces (10 ¼ cups)
60 pounds	55 ounces (7 cups)		

<p style="text-align: center;">Cereals</p> <p>Give your child 1 or more servings each day.</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 style="text-align: center;">Breads, grains, dried beans and peas</p> <p>Give your child 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 • 1 waffle Nutri-Grain™ plain waffle <p>CAUTION: Some foods make constipation worse because they have no fiber. Limit your child's intake of these foods to recommended amounts: Whole and 2% Milk; Cheese; Highly processed or refined foods (cake, cookies, white bread, sugary cereals); Unripe bananas; Chocolate; Chocolate candy; Deep-fried foods; Fatty meats.</p>	<p style="text-align: center;">Fruits</p> <p>Give your child 2 or more servings each day. 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 style="text-align: center;">Other foods</p> <p>Give your child 5 to 6 servings each day.</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 <p>Milk (recommended daily milk intake)</p> <table border="0"> <tr> <td>1 to 3 years</td> <td>16 to 20 ounces per day</td> </tr> <tr> <td>4 to 10 years</td> <td>20 to 24 ounces per day</td> </tr> <tr> <td>11 to 18 years</td> <td>24 to 32 ounces per day</td> </tr> </table>	1 to 3 years	16 to 20 ounces per day	4 to 10 years	20 to 24 ounces per day	11 to 18 years	24 to 32 ounces per day	<p style="text-align: center;">Vegetables</p> <p>Give your child 3 or more servings each day. 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"> • 1/2 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 style="text-align: center;">Fruit juices</p> <p>Some fruit juices have a laxative effect. This means they can make stool softer and pass more quickly. Offering these types of juices can be helpful to prevent constipation.</p> <p style="text-align: center;">Prune juice • Pear nectar • Cherry juice Apple juice • White grape juice</p> <p style="text-align: center;">If you have questions, please call:</p> <p>Dietitian: _____</p> <p>Telephone: _____</p>
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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 provide you with additional information about your child's care. Diagnosis, treatment, and follow-up should be provided by your health care professional.