

## **Diet for Children with Femur Fractures**

(Thigh bone fracture)

### **Why is diet important?**

Children with femur fractures need to limit their activity. When your child is not as active as normal, their bowel is less active too. This may make it hard for your child to have a bowel movement. There are foods your child can eat to help the bowel stay active. Drinking plenty of fluids will help keep the bowel active. There are also some foods that will help bones heal.

### **How much fluid should my child drink?**

Under 1 year ..... 4 cups (32 ounces) a day

1 to 4 years ..... 6 cups (48 ounces) a day

Over 4 years ..... 8 cups (64 ounces) a day

### **What foods will help keep the bowel active?**

- Breads, cereals or crackers made from whole grains
- Raw fruits and vegetables
- Dried fruits
- Nuts and seeds

### **What foods help bones heal?**

Foods and fluids from the milk group have calcium and will help your child's bones heal.

Foods high in calcium include: non fat yogurt (415 mg calcium), Calcium fortified orange juice (302 mg calcium/cup), corn tortilla (120 mg calcium), raisins (22 mg calcium per handful), and peanut butter (18 mg calcium/ 2 Tablespoons).

<b>Your child's age group</b>	<b>How many servings a day</b>
1 to 3 years	2 servings
4 to 8 years	2 ½ servings
9 to 18 years	3 servings

### **How much is one serving?**

• 1 cup (8 ounces) of milk or milk shake	• 8 ounces of yogurt
• 3 slice (3 ounce) of ready-to-eat cheese slices	• 8 ounces puddings
• 1 ½ cup ice cream	• 1 cup calcium fortified orange juice

For more information, visit [www.myplate.gov](http://www.myplate.gov)

**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.**