

High-Fiber Nutrition Therapy

Fiber and fluid may help relieve constipation. Slowly increase the amount of fiber your child eats, over the course of a few weeks. This will reduce gas and bloating as your child's body gets used to the higher fiber level.

Tips for Adding Fiber to Your Child's Diet

- Serve whole grain breads and cereals. Read food labels and look for choices with 100% whole wheat, rye, oats, or bran as the first or second ingredient.
- Offer brown or wild rice instead of white rice or potatoes.
- Encourage your child to try a variety of grains. Good choices include barley, oats, farro, kamut, and quinoa.
- Bake with whole wheat flour. You can use it to replace some white or all-purpose flour in recipes.
- Serve baked beans more often. Add dried beans and peas to casseroles or soups.
- Choose fresh fruit and vegetables instead of juices.
- Serve fruits and vegetables with peels or skins on.
- Avoid excess intake cheese, white rice, bananas (these foods are associated with increased constipation)
- Compare food labels of similar foods to find higher-fiber choices. Packaged foods have the amount of fiber per serving listed on the Nutrition Facts label.
- Make sure your child drinks plenty of fluids. Fluid helps the body process fiber without discomfort.

Fiber Supplements

Several over-the-counter fiber supplements are available. These come as packets that can mixed with liquids, and pills. There are also some cereal-like bars with added fiber. The amount of fiber in each serving is clearly displayed on the packet. Discuss supplements with your child's doctor before giving them to your child.

Note: Slowly increase the amount of fiber your child eats each day.

Foods with at Least 4 Grams of Fiber per Serving

Food Group	Choose
Grains	½ cup high-fiber cereals. Check Nutrition Facts labels and choose products with 4 or more grams (g) dietary fiber per serving.
Dried Beans and Peas	½ cup cooked red beans, kidney beans, large lima beans, navy beans, pinto beans, white beans, lentils, or black-eyed peas
Vegetables	1 artichoke (cooked)
Fruits	½ cup blackberries or raspberries 4 prunes (dried)

Foods with 1 to 3 Grams of Fiber per Serving

Food Group	Choose
Grains	<ul style="list-style-type: none"> 1 whole grain bagel (3.5-inch diameter) 1 slice whole wheat, cracked wheat, pumpernickel, or rye bread 2-inch square corn bread 4 whole wheat crackers 1 bran, blueberry, cornmeal, or English muffin ½ cup cereal with 1-3 grams fiber per serving (check dietary fiber on the product's Nutrition Facts label) 2 tablespoons bran, hot brown rice (dry), or hot whole wheat cereal (dry) 2 tablespoons wheat germ or whole wheat flour
Fruits	<ul style="list-style-type: none"> 1 apple (3-inch diameter) with skin ½ cup apricots (canned) ½ cup cherries (canned or fresh) ½ cup cranberries (fresh) 3 dates (whole) 2 medium figs (fresh) ½ cup fruit cocktail (canned) ½ grapefruit 1 kiwi fruit 1 orange (2½-inch diameter) 1 fresh peach or ½ cup canned peaches 1 fresh pear or ½ cup canned pears 1 plum (2-inch diameter) ¼ cup raisins ½ cup strawberries (fresh) 1 tangerine
Vegetables	<ul style="list-style-type: none"> ½ cup bean sprouts (raw) ½ cup beets (diced, canned) ½ cup broccoli, brussels sprouts, or cabbage (cooked) ½ cup carrots ½ cup cauliflower ½ cup corn ½ cup eggplant ½ cup okra (boiled) ½ cup potatoes (baked or mashed) ½ cup spinach, kale, or turnip greens (cooked) ½ cup squash—winter, summer, or zucchini (cooked) ½ cup sweet potatoes or yams ½ cup tomatoes (canned)
Other	<ul style="list-style-type: none"> 2 tablespoons almonds or peanuts 1 cup popcorn (popped)