

## How much fiber does my child need?

**General Guidelines:**

Age + 5 = Recommended Grams of Fiber Per Day

Example: Your child is 5 years old.

5 years + 5 = 10 grams of fiber needed per day.

## How can I add fiber to my child's diet?

- Your child should have \_\_\_\_\_ grams of fiber each day in their diet.
  - Increase fiber intake slowly to help avoid stomach cramps or discomfort that can be related to eating more fiber.
- Your child needs to drink \_\_\_\_\_ cups per day of fluid.
  - Fiber and water work together in the intestinal tract to move the bulk through smoothly so it is important to make sure that your child is consuming enough fluids while they are eating more fiber.
- Offer your child a variety of foods high in fiber.

## How does fiber help digestion?

### **Water-soluble fiber:**

Water-soluble fiber works by absorbing water in your stomach to form a gel. This can help you feel full and slows down the digestion and absorption of food in your gastrointestinal (GI) tract (the tube that connects mouth to anus and digests food).

By slowing down digestion, this fiber soaks up more water in the GI tract and makes the stool thicker, this can help with diarrhea.

Water-soluble fiber can also help with lowering cholesterol levels and reducing your risk of heart disease. Some foods that contain water soluble fibers include beans, oat cereals, rye, barley, flaxseeds, and fruits. The scientific names for soluble fiber include pectin, gums, and mucilages (plant gums). These can be listed on the nutrition labels.

### **Water-Insoluble Fiber:**

Water-insoluble fiber increases the bulk of food and helps food move more quickly through your gastrointestinal tract. This can help relieve constipation and make your stools softer. Some foods that contain water-insoluble fibers include rough and leafy vegetables, bell peppers, whole grain breads, and brown rice. The scientific names for insoluble fiber include cellulose, hemicellulose, and lignin. These can be listed on the nutrition labels.

### **What are good sources of fiber?**

**Always check the food label** when available as fiber content can vary among brands. Some food labels may also specify the amount of soluble fiber in the product as well.

<b>Breads</b>	<b>Serving Size</b>	<b>Grams of Fiber</b>
English Muffin	½ muffin	1
Multigrain/mixed-grain	1 slice	3
Rye	1 slice	2
Whole Wheat	1 slice	2
Whole Wheat Pita	1 pita	2
White Bread/Italian	1 slice	1
Pumpernickel	1 slice	2

<b>Cereals</b>	<b>Serving Size</b>	<b>Grams of Fiber</b>
All-Bran (Kellogg's)	½ cup	10
Cheerios	1 cup	3
Cracklin' Oat Bran (Kellogg's)	¾ cup	6
Fiber One® Original (General Mills)	½ cup	14
Fiber One® Honey Oat Clusters (General Mills)	1 cup	10
Frosted Mini Wheats (Kellogg's)	7 biscuits	6
Granola (Quaker)	½ cup	5
Grape Nuts (Post)	¾ cup	3
Honey Nut Cheerios (General Mills)	¾ cup	2
Kashi® GO LEAN Original	1 ¼ cup	13
Kashi® GO LEAN Honey Almond Flax Crunch Cereal	2/3 cup	8
Kashi® 7 Whole Grain Flakes	1 cup	6
Life Original (Quaker)	¾ cup	2
Multi-grain Cheerios (General Mills)	1 cup	3
Oatmeal Squares (Quaker)	1 cup	5
Raisin Bran (Kellogg's)	1 cup	7
Shredded Wheat Original (Post)	1 cup	6
Total (General Mills)	¾ cup	3
Wheaties (General Mills)	¾ cup	3

<b>Crackers</b>	<b>Serving Size</b>	<b>Grams of Fiber</b>
Kashi® Crackers Original 7 Grain	15 crackers	3
Kashi® Pita Crisps Original 7 Grain with Sea Salt	11 crisps	5
Skinny Pop® Popcorn Original	3 ¾ cups	3

Triscuits® Original	6 crackers	3
Wheat Thins® Original	16 crackers	3
Wheat Thins® Fiber Selects-Garden Vegetable	15 crackers	5

<b>Vegetables</b>	<b>Serving Size</b>	<b>Grams of Fiber</b>
Artichoke hearts, boiled	½ cup	5
Baked beans	½ cup	7
Broccoli, boiled	½ cup	3
Carrots, raw/boiled	1 medium	2
Chickpeas	½ cup	6
Corn, sweet/boiled	½ cup	2
Green Beans, cooked	½ cup	2
Hummus	¼ cup	4
Lettuce, romaine	3 outer leaves	3
Okra, boiled	½ cup	2
Peas, green/boiled	1 cup	9
Potato, baked (with skin)	1 medium	4
Pumpkin, canned	½ cup	4
Red Pepper, sweet	1 cup	3
Refried Beans	½ cup	4
Sweet potato, baked	1 medium	4

<b>Fruits</b>	<b>Serving Size</b>	<b>Grams of Fiber</b>
Apple, raw	1 medium	4
Applesauce	1 cup	3
Apricots, dried	8 pieces	4
Banana	1 medium	3
Blueberries	1/2 cup	2
Dates, dried	10 dates	5

Mango	1 medium	5
Orange	1 medium	3
Pear, fresh	1 medium	5.5
Prunes, dried	1 cup	12
Raspberries	½ cup	4
Raisins	½ cup	2
Strawberries, halved	½ cup	2

<b>Nuts and Seeds</b>	<b>Serving Size</b>	<b>Grams of Fiber</b>
Mixed nuts, dry roasted	¼ cup	2
Sunflower seeds, dried	½ cup	6
Peanut Butter, chunky	2 tablespoon	3

<b>Other Grains</b>	<b>Serving Size</b>	<b>Grams of Fiber</b>
Penne Pasta, whole wheat	½ cup	2
Rice, brown	½ cup	2
Rice, wild	½ cup	2
Fiber One® Chewy Bar, oats and chocolate	1 bar	9
Kashi® GO LEAN chewy granola bar	1 bar	6
Waffle, whole wheat	2 waffles	3

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