



Fiber for Children

How much fiber should my child eat?

Most children should eat 5 grams+ their age per day; we recommend 20 grams/day for children and 25 grams/day for teens when there are health issues.

Why is fiber beneficial?

Fiber makes you feel “full”; processed food has little fiber, and you must eat more (too many calories) to feel satisfied.

How can I add fiber to my child’s diet?

- Breakfast is a great time to add fiber; look for cereals with at least 3 grams per serving such as Oatmeal, Cheerios, Raisin Bran, and most Quaker cereals.
- “Wheat” bread is NOT WHOLE WHEAT. Brown bread may have food coloring added to look healthy. You must read the label, and it should say “whole wheat”. The ingredients are listed in order from most to least. If you only eat white bread, switch to a mostly white/some whole wheat before trying the highest fiber choice. If your current bread has 1 gram, look for one with 2 grams per serving
- Benefiber is a powder supplement that can be stirred into any food; unlike Metamucil/Citrucel, it does not gel. Food is the best and least expensive source, but this is better than not enough fiber
- Start increasing fiber slowly - and add a glass of water to help move the fiber along. Some bowel cramping may occur as the body adjusts to the fiber, but this is not permanent
- Eat the peels and skins of fruits and vegetables, rich in fiber and vitamins

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