

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RD/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## 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.
- 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.

**Notes:**

## Recommended Foods

**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	<p><math>\frac{1}{3}</math>–<math>\frac{1}{2}</math> cup high-fiber cereals.</p> <p>Check Nutrition Facts labels and choose products with 4 or more grams (g) dietary fiber per serving.</p>
Dried Beans and Peas	$\frac{1}{2}$ 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	<p><math>\frac{1}{2}</math> cup blackberries or raspberries</p> <p>4 prunes (dried)</p>

### Foods with 1 to 3 Grams of Fiber per Serving

Food Group	Choose
Grains	<p>1 bagel (3.5-inch diameter)</p> <p>1 slice whole wheat, cracked wheat, pumpernickel, or rye bread</p> <p>2-inch square corn bread</p> <p>4 whole wheat crackers</p> <p>1 bran, blueberry, cornmeal, or English muffin</p> <p><math>\frac{1}{2}</math> cup cereal with 1-3 grams fiber per serving (check dietary fiber on the product's Nutrition Facts label)</p> <p>2 tablespoons bran, rice, or wheat cereal</p> <p>2 tablespoons wheat germ or whole wheat flour</p>
Fruits	<p>1 apple (3-inch diameter) or <math>\frac{1}{2}</math> cup applesauce</p> <p><math>\frac{1}{2}</math> cup apricots (canned)</p> <p>1 banana</p> <p><math>\frac{1}{2}</math> cup cherries (canned or fresh)</p> <p><math>\frac{1}{2}</math> cup cranberries (fresh)</p> <p>3 dates (whole)</p> <p>2 medium figs (fresh)</p> <p><math>\frac{1}{2}</math> cup fruit cocktail (canned)</p> <p><math>\frac{1}{2}</math> grapefruit</p> <p>1 kiwi fruit</p> <p>1 orange (2½-inch diameter)</p> <p>1 fresh peach or <math>\frac{1}{2}</math> cup canned peaches</p> <p>1 fresh pear or <math>\frac{1}{2}</math> cup canned pears</p> <p>1 plum (2-inch diameter)</p> <p><math>\frac{1}{4}</math> cup raisins</p> <p><math>\frac{1}{2}</math> cup strawberries (fresh)</p> <p>1 tangerine</p>
Vegetables	<p><math>\frac{1}{2}</math> cup bean sprouts (raw)</p> <p><math>\frac{1}{2}</math> cup beets (diced, canned)</p> <p><math>\frac{1}{2}</math> cup broccoli, brussels sprouts, or cabbage (cooked)</p>

	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	2 tablespoons almonds or peanuts 1 cup popcorn (popped)

**Notes:**

## Sample 1-Day Menu

---

This menu is appropriate for a 7- to 10-year old child, and includes 18.5 grams of fiber. Ask a registered dietitian if this is right for your child, or what changes may need to be made.

<b>Breakfast</b>	½ cup oatmeal with 1 tablespoon raisins ½ slice whole wheat toast with 1 teaspoon margarine and 2 teaspoons seeded jam 1 cup low-fat milk 4 ounces pear nectar
<b>Snack</b>	½ orange 2 crackers 1 cup water
<b>Lunch</b>	1 slice whole wheat bread 1 tablespoon crunchy peanut butter 2 teaspoons seeded jam 1 medium carrot (cut into sticks) with 1 tablespoon low-fat ranch dressing ½ cup grapes 1 cup low-fat milk
<b>Snack</b>	1 cup popcorn 1 cup apple juice
<b>Dinner</b>	1 hamburger bun Beef patty (3 oz) Lettuce (1 leaf) Tomato (1 slice) Ketchup (1 tsp) ½ cup homemade french fries with skin ½ ear of corn with 2 teaspoons margarine 2 fig cookies 1 cup low-fat milk
<b>Evening Snack</b>	1 oatmeal raisin cookie ½ cup water

**Notes:**