

Bright Ideas for Bran

Slowly add bran to your family's diet using **bran flour** or **wheat bran**. Experiment with the amount of bran you add. The goal is for your child to have soft, but formed, stools.

- Bran flour: Substitute up to half of the white or wheat flour called for in recipes with bran flour.
- Unprocessed wheat bran: Start with one-half teaspoon unprocessed wheat bran **per serving**.

Using Bran in Foods

- Use one part bran flour when coating meat for baking or frying.
 - Make pancakes from scratch using unprocessed wheat bran for part of the flour.
 - Mix one tablespoon of unprocessed wheat bran into a mixture of egg and milk. Dip whole wheat bread in the mixture, and fry or bake for French toast.
 - Add bran flour to cookies, bars, muffins, and yeast breads in place of part of the white or wheat flour in your favorite recipes.
 - Add unprocessed wheat bran to cooked cereal, casseroles, thick soups, stew, chili (and sloppy Joes. (Adding bran to chili may cause loose stools.)
 - Use bran as part of the flour crust and toppings for quiche and desserts such as apple crisp and fruit pies.
- Add up to three-fourths of a cup of 100-percent bran cereal to each pound of ground beef (or other meat) you use for meatloaf, meatballs and patties. Increase liquid ingredients by two or more tablespoons, and soften cereal in the liquid for two minutes before adding to ground meat.
 - Use bran crackers for snacks. Spread them with peanut butter, jam, honey or frosting to improve the taste.
 - Be creative, and start with small amounts! Too much bran will make a recipe dry and crumbly, and the bran flavor may be too strong.

FOR MORE INFORMATION

- Clinical Nutrition Services, (206) 987-4758
- Your Child's Health Care Provider

Children's will make this information available in alternate formats upon request. Please call Marketing Communications at (206) 987-5205.

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health care provider.