

Healthful High-Fiber Snack Combinations

Fiber in foods can help your child have a bowel movement. Fiber is from plants and is in vegetables, fruits and whole grains. The foods below are examples of high-fiber options. These healthy snack combinations have been kid-tested. Try out different snacks to see which ones your child likes best.

Rye crackers & orange juice	Apricot bread & pineapple juice	Orange sections & raisin bread
Bran muffin & grape juice	Chex cereal snack & pineapple juice	Wheat crackers & celery stuffed with peanut butter
Peanut butter cookies & orange-grapefruit juice	Cracked wheat bread with strawberry jam & orange juice blended with ice	Zucchini bread & sliced pear
Granola & cranberry juice	Rye crackers & pineapple chunks	Whole wheat cinnamon toast & mandarin oranges
Peanut butter and honey on wheat bread & grape juice	Oatmeal raisin cookies & peach slices	Molasses oatmeal cookies & cantaloupe balls
Whole wheat soft pretzel & orange juice	Whole wheat breadsticks & fruit cup	Hard-cooked egg slices on sesame crackers & strawberries
Graham crackers with apple butter & cranberry juice		

Brown-bagging it

Put more fiber in your child's lunches by using some of these ideas:

Sandwiches

Use whole grain breads, crackers, rolls and muffins with a favorite spread or filling. Whole wheat pocket bread can add variety, too.

Beverages

A small carton of fruit juice can be frozen ahead of time and packed in a lunch. It will be defrosted by lunchtime.

Fruits and vegetables

Green pepper strips
Celery (spread with chunky peanut butter and raisins)
Berries (fresh or frozen, thawed)
Cucumbers
Cherry tomatoes
Fresh orange, cut into wedges
Carrot sticks
Cut-up fresh fruit

Special treats

Box of raisins
Popcorn
Granola bars (bought or homemade)
Sunflower seeds
Graham crackers
Oatmeal raisin cookies

TO LEARN MORE

- 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 the Family Resource Center at (206) 987-2201.

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.