



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
- Bran muffin & grape juice
- Peanut butter cookies & orange-grapefruit juice
- Granola & cranberry juice
- Peanut butter and honey on wheat bread & grape juice
- Whole wheat soft pretzel & orange juice
- Graham crackers with apple butter & cranberry juice
- Apricot bread & pineapple juice
- Chex cereal snack & pineapple juice
- Cracked wheat bread with strawberry jam & orange juice blended with ice

- Rye crackers & pineapple chunks
- Oatmeal raisin cookies & peach slices
- Whole wheat breadsticks & fruit cup
- Orange sections & raisin bread
- Wheat crackers & celery stuffed with peanut butter
- Zucchini bread & sliced pear
- Whole wheat cinnamon toast & mandarin oranges
- Molasses oatmeal cookies & cantaloupe balls
- Hard-cooked egg slices on sesame crackers & strawberries

To Learn More

- Clinical Nutrition
206-987-4758
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

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

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

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

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