



High-Fiber Foods

Dietary fiber is in many kinds of foods, like fruits, vegetables, bran and whole grains. Fiber helps with regular bowel movements.

What is fiber?

Dietary fiber is the part of plant foods that is not digested or absorbed in the intestine. Foods high in fiber add bulk, which makes bowel movements (stool) easier to push out and keep formed. The goal is for your child to have soft, but formed, stools.

How much fiber does my child need?

The amount of total fiber your child needs per day depends on their age and gender.

Age	Amount fiber per day
1-3 year olds	19 grams
4-8 year olds	25 grams
Males 9-13 years old	31 grams
Females 9-13 years old	26 grams
Males 14-18 years old	38 grams
Females 14-18 years old	29 grams

Sometimes, different children need different amounts of dietary fiber. You will know that your child is getting about the right amount of fiber when their bowel movements are soft and well-formed. **Slowly** add fiber to your child's diet. Their body will adjust more smoothly.

If your child has gas, bloating, loose stools, or abdominal pain, this could be a sign of too much fiber. Contact your child's doctor or dietitian if this is a concern.

What about liquids?

When adding fiber to the diet it is important to drink enough liquids. Fiber absorbs water, which helps soften the stools. Ask your child's doctor or dietitian how much fluid your child needs to drink each day. Encourage sips throughout the day. Your child can also get liquids in other forms such as frozen fruit ices, Popsicles, pudding with fruit, yogurt, milkshakes, smoothies, soups and melon. Make drinks fun by using special cups, straws or by adding a little sparkling water or club soda to make them fizzy.

High-Fiber Foods

Fiber is in vegetables, fruits, bran, and whole grains. The following list has ideas for foods your child can eat to help them get enough fiber in their diet. Check food labels for actual grams of dietary fiber per serving.

High-Fiber Foods

Grains, Cereals and Pastas

Whole grain and mixed grain breads, crackers, and rolls
Whole wheat tortillas
Cornbread
100% whole wheat bread
Cracked wheat bread
Whole wheat crackers
Rye crackers
Brown rice
Popcorn
Quinoa
Cereals with 3 to 4 grams of fiber in each serving
Other cereals:
 Fiber One
 100% Bran
 Corn Bran Crunch
 Cracklin' Oat Bran
 Granola
 Shredded Wheat
 Raisin Nut Bran
 Raisin Bran
 Grape Nuts
 Kashi
 All Bran

Legumes, nuts and seeds

Beans or lentils (dried or canned)
Split peas
Almonds
Pistachios
Pecans
Sunflower seeds
Chia seeds
Flax seeds

Flours

Bran, unprocessed wheat
Bran flour
Cornmeal, stone ground
100% whole wheat
100% rye
Oat bran
Rolled oats
Oatmeal

Vegetables

Lettuce
Celery
Cabbage, shredded
Tomatoes
Spinach
Carrots
Peas
Corn
Broccoli
Yams or potatoes baked with skin
Brussels sprouts
Green beans
Cauliflower
Squash
Artichokes
Beets

Fruits

Figs, dried	Peaches
Dates, dried	Raisins
Prunes, dried	Melons
Cherries	Bananas
Oranges	Apple with peel
Juices with pulp	Prune juice
Cantaloupe	Apricots
Grapes	Coconut
Pears	Pineapple
Plums	Avocado
Strawberries and other berries	

Tips for easy ways to add fiber

Cooking and baking tips

- Experiment with whole grains such as brown rice, bulgur wheat, barley and whole wheat pasta. Use these in soups, casseroles, etc.
- Use dried beans, peas and lentils in main dishes, soups and salads.
- Make homemade soups from dried peas, barley and lots of vegetables.
- Prepare desserts like cookies, cakes, pies and bars using dried fruits, oats or rolled oats.
- Buy a whole grain or high-fiber cookbook.

Snacks and lunches

- Use high-fiber breads for sandwiches.
- Cut up raw vegetables for snacking. Don't forget the dip!
- Try baked potato skins or baked sweet potato fries.
- Use whole wheat or bran crackers for snacks. Spread them with peanut butter, jam, honey or frosting to improve the taste.
- Offer whole fruits instead of fruit juice.

Using bran

- Bran flour: Substitute up to half of the white or wheat flour in recipes with bran flour.
- Unprocessed wheat bran: Start with one-half teaspoon unprocessed wheat bran **per serving**. Try adding to moist foods such as cooked cereal, casseroles, thick soups, stew, or smoothies.
- All Bran cereal soaked in milk and kept in the refrigerator can be added to applesauce, other fruits, and yogurt.
- Use one part bran flour when coating meat for baking or frying.
- Make pancakes from scratch using unprocessed wheat bran for up to half 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.
- Use bran for up to half of the flour crust and toppings for quiche and desserts such as apple crisp and fruit pies.
- Add up to $\frac{3}{4}$ of a cup of 100% bran cereal to each pound of ground beef (or other meat) used 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.
- 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.

To Learn More

- 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.

Healthful high-fiber snack ideas:

Veggies and hummus	Popcorn with parmesan cheese
Oatmeal raisin cookies & fruit	Trail mix
Granola & yogurt with fruit	Chili with cornbread
Whole grain cereal with milk	Whole grain cereal bars or granola bars and fruit
Whole wheat crackers & peanut butter	Homemade fruit and/or vegetable smoothies with flaxseed
Celery stuffed with peanut butter	Tortilla chips with guacamole
Zucchini bread & fruit	Whole wheat tortilla with peanut butter and banana
Barley & vegetable soup	
Bean salad	

Recipe for high-fiber apple crisp:

Ingredients:

3 large apples, unpeeled, cored and sliced thin
¼ cup raisins (optional)
¼ cup sugar
1 teaspoon cinnamon
¼ cup all-purpose flour
¾ cup rolled oats (regular or quick)
½ cup walnuts (optional)
3 tablespoons butter, melted

Directions:

1. In a large bowl, combine the apples, raisins, sugar, cinnamon and 1 tablespoon of the flour. Stir well to coat the apples with dry ingredients. Transfer mixture to a greased, shallow baking dish.
2. In the same bowl, combine the remaining flour, oats, and nuts. Stir in the melted butter, and mix the ingredients well (it should be crumbly). Sprinkle the oat mixture over the fruit mixture.
3. Bake the crisp in a preheated 375 degree oven for 40 minutes or until the crisp is lightly browned. Let stand 10 minutes before serving.

Recipe makes 8 servings; 3 g fiber per serving.