

How to Get Kids to Eat More Fiber

♦ Add extra vegetables and fruit to meals:

- Grate up a carrot, potato (leave the skin on), and onion into meatloaf.
- Add fruit to Jell-O (grated apples with the skin work well in red Jell-O).
- Grate a carrot and potato (leave the skin on) into hamburger for tacos.
- Add frozen raspberries, grated apples, or blueberries to pancake and waffle mix.
- Top pancakes and waffles with fresh fruit and lemon yogurt.
- Grate up a carrot into cheese enchiladas; we eat first with our eyes, so the orange carrots look like cheese!
- Add extra frozen vegetables to soups.
- Have a baked potato bar with lots of veggie toppings!
- Make baked potato wedges with the skins on; season with lemon juice or Lipton onion soup mix.
- Add frozen peas to macaroni and cheese.
- Make a banana dog, a hot-dog bun with crunchy peanut butter and a banana.
- Make French bread pizzas topped with veggies (e.g. grated carrots, zucchini, broccoli, pineapple, green peppers, fresh tomatoes, etc.).
- Include a **DIFFERENT** salad with dinner each night; spinach, Caesar, fresh fruit, green salad, etc. Add extra fruits and veggies to the salads to make colorful!
Kids seem to really like Craisins in their salads.
- Let your child pick a new fruit or vegetable to try each time you go to the store.

♦ Offer high fiber snacks:

- Popcorn
- Trail mix with nuts and dried fruit (add some peanut M&M's for fun!).
- Low fat granola bars
- Yogurt topped with granola or grape nuts.
- High fiber cereals (e.g. Frosted Mini Wheats, Crunchy Corn Bran, Wheat or Bran Chex).
- Carrot and celery sticks with dip.
- Apple slices with crunchy peanut butter.
- Celery with peanut butter and raisins.
- Whole-wheat toast with seeded jam.
- Tortilla with beans and salsa.
- Any fresh fruit or vegetable cut into fun shapes.

♦ Tips from the grain group:

- Use brown rice instead of white rice. If your kids have a hard time with this, use ½ brown and ½ white. Also use cracked wheat mixed with white rice for stir-fry.
- Use whole wheat bread instead of white bread.
- Find high fiber cereals with at least 5gm of fiber per serving. If your kids have a hard time with high fiber cereals; mix them with their favorites!
- Make piecrust out of Grape Nuts cereal.
- Make Rice Krispy-type treats out of a high fiber cereal like Wheat or Bran Chex.
- You may want to add Rice or Corn Chex with them.

♦ Important points to remember:

- **VARIETY** is the key!
- Push water intake to accommodate the extra fiber
- Be creative!

♦ **Breakfast** – For fiber, have at least 1 fruit, fiber cereal or bread, and juice.

- **Bran cereal:** All Bran, Fiber One, Shredded Wheat, Nabisco 100% Bran, Crunchy Corn Bran
- **Pancakes:** Make with whole-wheat flour
- **Toast:** Make from whole wheat bread as well as French toast.
- **Juice:** Orange juice, apple juice, or mixed fruit juice. Warm apple juice helps the child to go to the bathroom in the morning.
- **Fruits:** Apple slices, orange sections, berries, or other fruits. Also dried fruits such as raisins and apricots. Not bananas.

♦ **Lunch** – For fiber, have at least 1 fruit and 1 vegetable.

- **Sandwiches:** Whole-wheat bread with peanut butter. Limit cheese intake.
- **Salads:** Lettuce, carrots, celery, and tomatoes.
- **Soups:** Vegetable soup

♦ **Dinner** – For fiber, have at least 1 vegetable and whole grain product.

- **Grains:** Use whole-wheat macaroni, brown rice, and whole barley.
- **Vegetables:** Any raw or cooked vegetable such as spinach, broccoli, and carrots.
- **Salads:** Mixed vegetables or fruit.

♦ **Drinks** – Give your child 2 glasses of low fat or skim milk a day. Give 4-6 glasses of juice or water a day or the amounts recommended to you by your dietitian.

♦ **Snacks** – Fruits, nuts, raw carrots dipped in salad dressing, celery with peanut butter, or sunflower seeds. If you bake, add bran to your batter.

Hints: If your child eats these foods, but still has hard or watery stools, talk to your nurse about giving extra fiber. If your child has hard stools, limit cheese, whole milk, and bananas.

FEEDING & NUTRITION

Nutrition Facts	
Serving Size 30g	
Amount Per Serving	
Calories 111	Calories from Fat 16
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	2%
Cholesterol 0mg	0%
Sodium 21.3mg	9%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	14%
Sugars 2g	
Protein 4g	
Vitamin A 10%	Vitamin C 10%
Calcium 12%	Iron 57%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Cheerios 30g or 1 cup single serving = 4g of fiber

Nutrition Facts	
Serving Size 1 oz (28g)	
Amount Per Serving	
Calories 56	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 144mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	14%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 5%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Bread 28g or 1 slice = 3g of fiber

Fiber chart

Food	Portion	Fiber (grams)
Almond, sliced	¼ cup	2.4
Apple		
Raw	1 med.	4.0
Applesauce	2/3 cup	3.6
Apricots		
Dried	2 halves	1.7
Canned in syrup	3 halves	2.5
Artichokes, canned hearts	4 or 5 small	4.5
Asparagus, cooked small spears	½ cup	1.7
Avocado, whole	½ avg. size	2.8
Baked beans, in sauce, 8oz can	1 cup	16.0
Banana	1 med 8"	3.0
Beans		
Kidney, canned or cooked	½ cup	9.7
Lima, canned or cooked	½ cup	5.8
Pinto, canned or cooked	1 cup	18.8
Garbanzos, canned or cooked	½ cup	6.0
Bean sprouts, raw in salad	¼ cup	0.8
Beets, cooked sliced	½ cup	2.5
Blackberries		
Raw, no sugar	½ cup	4.4
Canned, in juice	½ cup	5.0
Jam, with seeds	1 tbsp	0.7
Bran meal	1 tbsp	2.0
Broccoli		
Raw	½ cup	4.0
Fresh, cooked	¾ cup	7.0
Brussel sprouts, cooked	¾ cup	3.0
Cabbage, white or red		
Raw	½ cup	1.5
Cooked	2/3 cup	3.0
Cantaloupe	¼	1.0
Carrots		
Raw, 4-5 sticks	¼ cup	1.7
Cooked	½ cup	3.4
Cauliflower		
Raw, chopped	3 tiny buds	1.2
Cooked, chopped	7/8 cup	2.3
Celery, raw	¼ cup	2.0
Cherries		
Sweet, raw	10	1.2
Canned	½ cup	1.0
Chestnuts, roasted	21g	1.9
Coconut, dried	1 tbsp	3.4

Food	Portion	Fiber (grams)
Corn, sweet		
On the cob	1 med ear	5.0
Kernels, cooked or canned	½ cup	5.0
Cream-style	½ cup	5.0
Cornbread	1 square	3.4
Crackers		
Ry-Krisp	3	2.3
Triscuits	2	2.0
Wheat Thins	6	2.2
Cranberries		
Raw	¼ cup	2.0
Sauce	½ cup	4.0
Cucumber, raw unpeeled	10 thin slices	0.7
Dates, pitted	2 (½ oz)	1.2
Figs, dried	3	10.5
Grapefruit	½ avg. size	0.8
Grapes, white	20	1.0
Green beans, fresh or frozen	½ cup	2.1
Greens, cooked		
(collards, beet greens, dandelion, kale, Swiss chard, turnip greens)	½ cup	4.0
Honeydew melon	3" slice	1.5
Lentils, red cooked	1 cup	6.4
Lettuce	1 cup	0.8
Mushrooms		
Raw	5 small	1.4
Canned sliced, water-packed	¼ cup	2.0
Olives		
Black	6	1.2
Green	6	1.2
Onion		
Raw	1 tbsp	0.2
Cooked	½ cup	1.5
Green, raw (scallion)	¼ cup	0.8
Orange	1 large	2.4
	1 small	1.2
Parsnips, cooked	1 small	1.4
Peach		
Raw	1 medium	2.3
Canned in light syrup	2 halves	1.4
Peanut butter	1 tbsp	1.1
Peanuts	1 tbsp	1.1
Pear	1 medium	4.0
Peas		
Green, fresh or frozen	½ cup	9.1
Cooked	1 cup	13.4

Food	Portion	Fiber (grams)
Peas & carrots, frozen	½ package (5oz)	6.2
Peppers, green raw	2 tbsp	0.3
Pineapple, canned	1 cup	0.8
Plums	2 or 3 small	2.0
Popcorn, no butter	1 cup	1.0
Potatoes		
Baked	1 medium (7oz)	5.0
Mashed with 1 tbsp of milk	1 cup	3.0
Sweet, baked or boiled	1 small (5oz)	4.0
Prunes, pitted	3	1.9
Radishes	3	0.1
Raisins	1 tbsp	1.0
Raspberries		
Fresh or frozen	½ cup	4.6
Jam	1 tbsp	1.0
Rhubarb, cooked with sugar	½ cup	2.9
Rutabaga (yellow turnip)	½ cup	3.2
Sauerkraut, canned	2/3 cup	3.1
Spinach		
Raw	1 cup	3.5
Cooked	½ cup	7.0
Squash		
Summer (yellow)	½ cup	2.0
Winter, baked or mashed	½ cup	3.5
Zucchini, raw or cooked	½ cup	3.0
Strawberries	1 cup	3.0
Sunflower, kernels	1 tbsp	0.5
Tomatoes		
Raw	1 small	1.4
Canned	½ cup	1.0
Tortillas	2	4.0
Walnuts, shelled, chopped	1 tbsp	1.1
Watermelon	1 thick slice	2.8
Yams, cooked or baked in skin	1 medium (6oz)	6.8

FIBER CALCULATOR

5 Grams of Fiber + The Childs Age = Grams of Fiber per Age

Example: 10 year old. 5 Grams of Fiber + 10 Years of Age = 15 Grams of Fiber

Use this formula until the child reaches 25-30 grams per day, which is the recommended daily adult amount.