



## High Fiber Foods

### 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.

<u>Age</u>	<u>Amount fiber per day</u>
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.

---

## 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 3-4 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

## Flours

Bran, unprocessed wheat

Bran flour

Cornmeal, stone ground

100% whole wheat

100% rye flour

Oat bran

Rolled oats

Oatmeal

## Vegetables

Lettuce

Celery

Cabbage, shredded

Tomatoes

Spinach

Carrots

Peas

Corn

Broccoli

Yams or potatoes baked with skin

Brussel sprouts

Green beans

Cauliflower

Squash

Artichokes

Beets

## Legumes, nuts and seeds

Beans or lentils (dried or canned)

Split peas

Almonds

Pistachios

Pecans

Sunflower seeds

Chia seeds

Flax seeds

## Fruits

Figs, dried

Dates, dried

Prunes, dried

Cherries

Oranges

Juices with pulp

Cantaloupe

Grapes

Pears

Plums

Strawberries and

Other berries

Peaches

Raisins

Melons

Bananas

Apples with peel

Prune juice

Apricots

Coconut

Pineapple

Avocado

## 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.
-

## Healthful high-fiber snack ideas:

Veggies and hummus  
Oatmeal raisin cookies & fruit  
Granola & yogurt with fruit  
Whole grain cereal with milk  
Whole Wheat crackers & peanut butter  
Zucchini bread & fruit  
Barley & vegetable soup  
Bean salad  
Whole wheat tortilla with peanut butter  
and banana

Popcorn with parmesan cheese  
Trail mix  
Chili with cornbread  
Whole grain cereal bars or granola bars  
and fruit  
Homemade fruit and/or vegetable smoothies  
with flaxseed  
Tortilla chips with guacamole  
Celery stuffed with peanut butter

## 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.

---