

High Fiber Diet

Fiber is the indigestible part of carbohydrates found mostly in plants. Two important categories are soluble and insoluble fiber. Both are needed to help keep your digestive system healthy.

Soluble fiber partly dissolves in water, creating a gel-like substance that in turn creates larger, softer poop. Sources of soluble fiber include fruit, beans and oats.

Insoluble fiber remains together more as it passes through the digestive system, which increases the bulk of the poop. Sources of insoluble fiber include vegetables and other whole grains.

How much fiber should my child eat?

Minimum: your child's age + 5 = goal number of grams per day

Maximum: your child's age + 10 = goal number of grams per day

What are some good sources of fiber?

- Fruits – all kinds, preferably with skins
- Vegetables – all kinds, preferably with skins
- Whole grains
- Beans and lentils
- Nuts and seeds

How can my child increase fiber?

- Include a fruit or vegetable with every meal and snack.
- Choose whole grain products whenever possible.
- Limit processed grains, such as white bread, white rice and baked goods made with white flour.
- Compare products when reading food labels and choose the higher fiber product.
- Slowly increase the amount of fiber for best tolerance.
- Fiber works best with adequate fluid, so drink plenty of water.

The following list gives some examples of high fiber foods. You can also read food labels in the grocery store to find out how much fiber a product contains.

Foods	Amount	Total Fiber (grams)
Fruits		
Raspberries	1 cup	8 grams
Apple or pear with skin	1 medium	5 grams
Prunes	3 each	4 grams
Orange	1 medium	4 grams
Banana	1 medium	3 grams
Strawberries	1 cup	3 grams
Raisins	¼ cup	2 grams
Vegetables		
Artichoke	1 medium	7 grams
Sweet potato, cooked	½ cup	4 grams
Brussels sprouts, cooked	½ cup	4 grams
Spinach, cooked	½ cup	2 grams
Broccoli, cooked	½ cup	2 grams
Carrots, raw	½ cup	2 grams
Sugar snap peas	1 cup	2 grams

Foods	Amount	Total Fiber (grams)
Grains		
Kashi cereals	1 cup	10-15 grams
Raisin bran cereal	1 cup	7 grams
Cheerios	1 cup	4 grams
Oatmeal, dry	1/2 cup	4 grams
Whole grain bread	1 slice	2-5 grams
Whole wheat tortilla	8 inch round	5 grams
Whole wheat pasta, cooked	½ cup	4 grams
Brown rice, cooked	½ cup	2 grams
Popcorn	1 cup	2 grams
Beans and lentils		
Kidney beans	½ cup	8 grams
Black beans	½ cup	6 grams
Lentils	½ cup	5 grams
Edamame	½ cup	4 grams
Garbanzo beans (chickpeas)	½ cup	4 grams
Hummus	2 Tablespoons	2 grams
Nuts and seeds		
Chia seeds	2 Tablespoons	8 grams
Flax seeds	2 Tablespoons	6 grams
Almonds	1/4 cup	4 grams
Peanut butter	2 Tablespoons	3 grams

Fiber supplements

If fiber intake is still not enough, your child’s doctor may recommend using a fiber supplement.

Name	Type of fiber/active ingredient	Form available	Fiber (grams)
Benefiber	Wheat dextrin (soluble fiber)	Powder, caplet, chewable	1-3 grams per dose
Fiber Choice	Inulin (soluble fiber)	Chewable and gummies	3-4 grams per dose
Vitafusion fiber gummies	Polydextrose (soluble fiber)	Gummies	5 grams per 2 gummies
Pedia-Lax fiber gummies	Polydextrose (soluble fiber)	Gummies	2 grams per 1 gummy
Metamucil	Natural psyllium fiber (mostly soluble, some insoluble fiber)	Powder, capsule, gummies and crackers	*These are bulk forming laxatives and should only be used under the supervision of a doctor
Citrucel	Methylcellulose (combination of soluble fiber and a non-fermentable fiber)	Powder and caplet	
FiberCon	Calcium polycarbophil (insoluble fiber)	Caplet	