Fiber Foods

Definition of fiber: Fiber is the part of plants that our bodies cannot digest. However, fiber helps to digest other foods.

Ways to change your diet to eat more fiber:
• Eat whole grain breads and cereal products
• Eat fruits and raw vegetables or add raw vegetables to regular food fruit dishes.
• Drink up to 64 ounces of water a day -
  You / your child needs at least _____ounces of water per day.
• Limit intake of processed foods.

How much fiber is needed:
• To calculate the number of grams of fiber you / your child should eat every day, add 5 grams + 1 gram for each year of age.
  A calculation example: A 6-year-old = 5 + 6 = 11 grams
• Or as a rule 0.5 grams of fiber / kg. of body weight / day but not to exceed 35 grams fiber / day.

EXCELLENT SOURCES OF FIBER
(More than 4 grams per serving)

1 bran muffin medium size
½ cup of these cereals - All Bran, Cooked Ralston, Museli, 100% Bran, Fiber One, Bran Chex, Grape Nuts, Wheat Bran, Wheat Germ, Oat Bran, Cracklin Oat Bran, Corn Bran, Bran Buds.
Grated coconut
10 blackberries or dates
5 halves of dry apricots, guavas, figs or prunes.
1 medium pear
½ cup of baked beans, beans, peas, cooked
½ cup cracked wheat

GOOD SOURCES OF FIBER
(2 to 4 grams per serving)

3 rye wafers or 6 whole wheat crackers
½ cup of these cereals - Puffed Wheat Oatmeal, Shredded Wheat, Raisin Bran, Quaker Oats 100%, Most, Bran Flakes, Wheaties
12-15 1 ounce of almonds or peanuts
½ medium avocado
1 medium fruit – apple with peel, banana, lemon, mango, papaya or peach
½ cup fresh fruit - currants, blueberries, blackberries
½ cup of cooked lentils
½ cup cooked brown rice, sweet potatoes or white potatoes with skin

CHLA / Language & Cultural Services 5/00
Adapted from Pediatric Nutrition Handbook; Children’s Hospital San Diego
Clinical Nutrition Services