

# Foods High in Fiber

## Whole Grain Products

(wheat, oats, rye, corn)

- ▲ whole grain breads
- ▲ whole grain crackers
- ▲ whole grain muffins
- ▲ corn tortillas
- ▲ popcorn



## Cold Breakfast Cereals

- ▲ 100% bran cereal
- ▲ shredded wheat cereal
- ▲ puffed wheat cereal



## Hot Breakfast Cereals

- ▲ oatmeal
- ▲ wheat germ
- ▲ other whole grain cereals



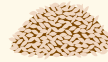
## Cooked Vegetables

- ▲ carrots
- ▲ peas
- ▲ lima beans
- ▲ potatoes
- ▲ green beans
- ▲ corn
- ▲ cooked greens (spinach or other greens)
- ▲ broccoli
- ▲ cauliflower
- ▲ cabbage
- ▲ winter squash
- ▲ summer squash
- ▲ most other vegetables



## Cooked Grains

- ▲ brown rice
- ▲ barley
- ▲ other whole grains



## Fresh Fruit

- ▲ pears
- ▲ peaches
- ▲ apples
- ▲ strawberries
- ▲ figs



## Dried Fruit

- ▲ prunes
- ▲ raisins
- ▲ figs
- ▲ apricots
- ▲ pears
- ▲ peaches
- ▲ apples



## Bean and Nut Products

- ▲ pinto beans
- ▲ black beans
- ▲ navy beans
- ▲ kidney beans
- ▲ dried peas (split peas)
- ▲ lentils
- ▲ garbanzo beans
- ▲ peanut butter



# High Fiber Menu Suggestions

	Day 1	Day 2
<b>Breakfast</b> 	scrambled egg bran muffin prune juice milk	oatmeal with raisins apricots milk
<b>Snack</b> 	graham crackers water	whole grain toast strips with peanut butter milk
<b>Lunch</b> 	lentil soup tuna sandwich on whole wheat bread milk	vegetable beef soup cheese quesadillas with corn tortillas orange juice
<b>Snack</b> 	whole grain crackers with peanut butter	fresh fruit
<b>Dinner</b> 	tacos with beef and beans cooked carrots fresh fruit salad milk	baked chicken peas rice green salad milk

## High Fiber Snack Ideas:

- ▲ whole grain muffins (bran, oatmeal, corn)
- ▲ fresh fruit
- ▲ soft cooked carrot slices
- ▲ whole wheat toast strips
- ▲ popcorn
- ▲ soft cooked dried fruit (without seeds)
- ▲ oatmeal cookies
- ▲ Fig Newton type cookies
- ▲ puffed wheat cereal

**Warning:** Children under age 4 can choke on foods like hot dogs, popcorn, nuts, raw carrots, grapes, jelly beans, gum, and hard candy. Avoid these foods. Cut hot dogs into very small pieces.

# Relief from Constipation



This is my goal: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Is your child constipated?

## Important Do's and Don'ts

**Do** check with your doctor to make sure the problem is constipation and not something else.

**Don't** worry if your child doesn't have a bowel movement each day. If the stool is soft, your child probably is not constipated. Constipation usually causes a dry hard stool that is hard to pass.

**Don't** give your child any laxatives, mineral oil, suppositories or enemas unless prescribed by your doctor. Using these often may cause health problems for your child.

## Your doctor may recommend:

- ▲ Give your child foods with more fiber. (Fiber is part of our food that we cannot digest. It makes the stool softer.)
- ▲ Give your child plenty of liquids.
- ▲ Help your child go to the bathroom regularly.
- ▲ Help your child get lots of exercise.

There are many causes of constipation. Some may be related to diet, some may not.

**Give your child more fiber and liquids**



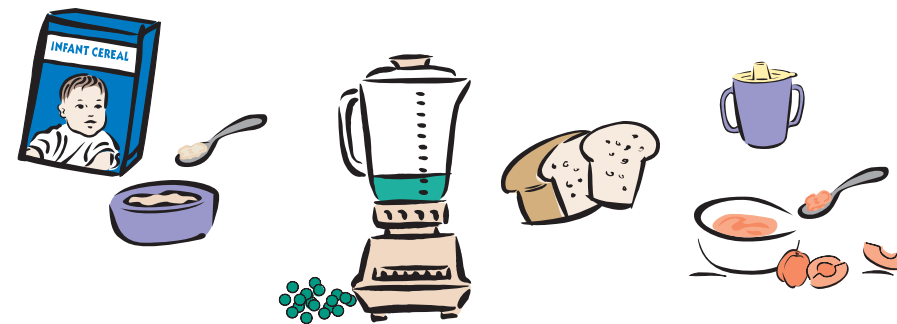
## Babies Under Six Months Old

Check with your doctor about your concerns. He or she will tell you what you should do.



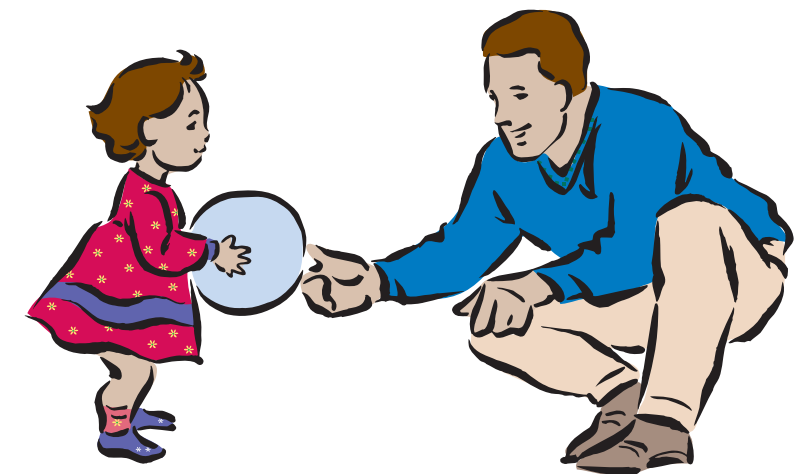
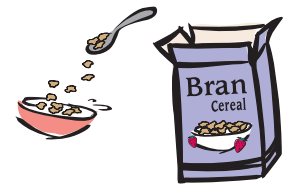
## Babies Over Six Months Old

- ▲ Give your baby foods with more fiber.
- ▲ Give your baby plenty of liquids.
- ▲ Offer your baby 2 to 4 ounces (60–120 milliliters) of strained apricots, prunes or prune juice per day.
- ▲ Soften one teaspoon of 100% bran cereal with breast milk or formula and add this to the baby cereal.
- ▲ Homemade baby foods, vegetables and fruit usually have more fiber than jar baby foods.



## Toddlers and Young Children

- ▲ Help your child go to the bathroom regularly. Set aside a quiet time each day for using the toilet. After a meal may be the best time.
- ▲ Encourage your child to use the bathroom when he/she needs to go. Do not rush your child.
- ▲ Offer your child a variety of foods high in fiber. Whole grain breads and cereals, vegetables, and fresh fruit are especially good.
- ▲ To increase fiber, you can add to your child's soft foods and cereals:
  - 1 to 3 tablespoons (15–45 milliliters) per day of 100% bran cereal,
  - OR
  - 1 to 4 tablespoons (15–60 milliliters) per day of wheat germ,
  - OR
  - 1 to 2 tablespoons (15–30 milliliters) of finely chopped dried fruit like raisins, prunes or dried apples.
- ▲ Give your child plenty of liquids, especially water, every day.
- ▲ Regular exercise is important. Be sure your child gets to play actively every day!





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