

CT Children's CLASP Guideline Family Handout

Lipid Abnormalities: High Fiber Diet

High Fiber Diet

- What is fiber? Fiber is an important part of your child's healthy diet. It is found in plant foods including whole grains, fruits, vegetables, beans and seeds.
- Fiber helps with regular bowel movements and has an important role in eliminating cholesterol from the body.
- Foods high in fiber are fulfilling and help with feeling full longer. They also often contain many vitamins and minerals.
- Adequate fluids are important (4-8 cups/day), although this is variable depending on your child's individual needs. Ask a registered dietitian to determine your child's specific fluid needs.

How much fiber does my child need?

The American Academy of Pediatrics have simplified fiber guidelines as the "age + 5" rule. For children age 2 years and older, the rule is that children should consume a number of grams of fiber each day that equals their age plus 5 additional grams. For example, a five-year-old child would need about 10 grams of fiber, $5+5=10$. This formula allows for the increased need for fiber as your child grows. Adolescents and adults should consume 25-30 grams of fiber each day.

Which fiber-rich foods should I offer my child?

Fiber rich foods include all whole grain products including wheat flour, oatmeal, whole grain pastas, rice, all fruits and vegetables, nuts, seeds.

Some of the highest fiber foods to offer your child:

- *Oatmeal: 6 grams fiber oatmeal per serving
- *Peas: 4 grams fiber per $\frac{1}{2}$ cup
- *Beans: 6 grams fiber per $\frac{1}{2}$ cup (black beans, chick peas, lentils, refried)
- *Avocado: 6 grams fiber per $\frac{1}{2}$ cup
- *Raspberries/Blackberries: 8 grams fiber per 1 cup
- *Mango: 3 grams fiber per $\frac{1}{2}$ cup
- *Popcorn: 2 grams fiber per 1 cup

High Fiber Grains

- Read labels on foods, and look for 2 to 3 or more grams of fiber per serving.
 - **1-3 year old children**, servings = $\frac{1}{2}$ slice of bread, $\frac{1}{4}$ - $\frac{1}{3}$ cup cooked cereal, $\frac{1}{4}$ - $\frac{1}{2}$ cup dry cereal and $\frac{1}{4}$ - $\frac{1}{3}$ cup pasta or rice.
 - **4 years and older**, servings = 1 slice of bread, $\frac{1}{2}$ Honey Wheat English Muffin, $\frac{1}{2}$ cup cereal or oatmeal, $\frac{1}{2}$ cup brown rice or whole wheat pasta.

What are some simple ways to increase fiber in my child's diet?

1. Mix a high fiber cereal with your child's favorite.
2. Offer a fruit or a vegetable with every single meal
3. Offer fruit with skin on it
4. Offer raw vegetables such as carrots, cucumbers or broccoli with dip for snacks.
5. Add spinach, lettuce, tomato to sandwiches
6. Add beans to soups and salads
7. Puree beans to add to soups or sauces for cooking
8. Add refried beans spread on tacos or quesadillas
9. Blend frozen fruit with low fat milk and offer as dessert or freeze into smoothie popsicles
10. Add wheat germ in baking and sprinkle on yogurt or in cereal

11. Offer popcorn instead of pirates booty
12. Offer Harvest snap pea crisps instead of veggie sticks
13. Serve freeze dried fruit or pack as a snack for school.
14. Use whole wheat bread or white bread with added fiber.
15. Mix brown rice with white rice.
16. Mix whole wheat pasta with white pasta
17. Offer snacks of granola bars, a trail mix with nuts and dried fruit, fig cookies.
18. Experiment with alternative grains- couscous, quinoa, bulger, faro, rice pilaf
19. Slice potatoes and sweet potatoes with skin on to roast for homemade "French fries"
20. Add whole wheat flour when baking

High Fiber Foods:

Snack items	Grams of Fiber
All Bran Snack Bites	5
4 Fig Newtons	3
Granola bar	3
Sun Chips	2
Corn Chips	2
Baked Lays Potato Chips	2
Triscuit	3
Popcorn	6-9
Flat Earth Chips	2
Cliff Kid Z Bars	3
Fiber One Bar	9

Whole grain items	Grams of Fiber
Tumaro's Gourmet Tortillas, Garden Veggie (wrap)	8
Tumaro's Gourmet Tortillas, Multigrain	8
Wonder Whole grain white bread 2 slices	4
Wonder kids bread 2 slices	3
Arnold Select Sandwich Thins	5
Arnold Bakery Light Seven Grain 2 slices	5
Arnold Baker 100% Whole Wheat	5
Nature's Promise (Stop and Shop) 9 grain 1 slice	4
Annie's Whole Wheat Macaroni and Cheese	5

Reference:

Marcason W. What is the "age+5" rule for fiber? J Am Diet Assoc. 2005;105:301-302.