

Read the nutrition label to see the fiber content of a food

Nutrition Facts	
8 Serving per container	
Serving Size	3/2 cup (55g)
Amount per Serving	
Calories	230
% Daily Value*	
TotalFat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	10%
Vitamin 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2000 calories a day is used for general nutrition advice.	

Choosing foods with at least 3 grams of fiber per serving will help your child meet his/her daily fiber goal.

Nutrition for Constipation in the First 12 Months

AGE	FOODS TO OFFER	FOOD TO AVOID
0-6 Months	Breast milk	Incasse your child is using a formula discuss it with your pediatrician or dietitian
6-8 months	- Continue breast milk - Start with sips of water from a cup 15-30 ml of undiluted prune, pear or apple juice - High fiber pureed fruit and vegetable like apricots, prunes, peaches, plums, spinach, sweet potatoes, and carrots	Do not give cereal in a bottle unless directed by healthcare provider Avoid large quantities of: Low-fiber cereal (rice)

AGE	FOODS TO OFFER	FOOD TO AVOID
8 – 12 Months	- Continue breast milk - Can offer 30–60ml undiluted prune, pear, or apple juice - Add high fiber foods, such as cooked beans; offer high-fiber solids 3 times per day - Add finger foods to diet - Whole wheat toast, crackers - Cooked whole wheat noodles, cooked brown rice - Soft, peeled fruit slices (apricots, pears) - Solid foods that dissolve easily, such as dry cereal containing oats After 10 months, add finely diced table foods to diet	Avoid large quantities of - Low-fiber grains (white rice, white bread, white pasta, puffs) - Fruit juices Do not start dairy milk until child is 1 year old

Ideas to Include High Fiber Food



Oatmeal with raspberry or dried prunes



Whole wheat bread with nut butter and chia seeds & favorite fruit



Add in pinto beans or lintel to the rice or serve it for lunch



As a Deseret do serve chocolate chia pudding



As a snack baby carrot with hummus or popcorn

FLUID

Fluid helps soften stool and make it easier to pass. Adequate fluid is important when increasing fiber in the diet.

Water is the best source, but fluid can also come from healthy beverages and even some foods. Clear or pale urine is a good sign that your child is hydrated.

Daily fluid recommendations: Note: 1 cup = 240ml

Age	Cups/Day
1 – 3 years	5.5 – 6 cups
4 – 8 years	7 – 7.5 cups
9 – 13 years	Males: 10 – 10.5 cups Females: 8.5 – 9 cups
14 – 18 years	Males: 12.5 – 14 cups Females: 9.5 – 10 cups

Ways to increase fluid intake:

- Offer fruits and vegetables that are high in fluids, such as grapes, watermelon, cucumbers, oranges, celery, strawberries, blueberries, and kiwis.
- Include soups at meal times.



What is Constipation?

Constipation is a common symptom among toddlers and children. It is defined as either a decreased in bowel movement frequency or a painful passage of stool.

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What is the Normal Bowel Movement?

Children 1 –4 years of age typically have at least one bowel movement up to four in a day. . If not daily, more than 90% of children go at least every other day.



How is Constipation Treated?

Constipation can begin when there are changes in the diet or routine, during toilet training or an illness. The treatment varies according to the source of the problem. Some will need only change in their diet like including more fiber (vegetable and fruit and other high fiber sources) or an increase in fluid intake and increase in physical activity, however some may require medication such as stool softeners. This material will focus on the nutritional part of the treatment.

Nutritional modification

FIBER

Fiber is normally ingested in the diet, and part of fiber cannot be broken down. A diet rich in fiber produces soft and more frequent stool and can help with constipation.

There are two types of fiber, both of which are important in your child’s diet:

	Soluble fiber	Insoluble fiber
Function	Creates larger, softer stool	Increases stool bulk
Good Food Sources	beans, fruit, oat products	whole-grain products and vegetables

How Much Fiber My Child Need?

Use this formula to figure out how much fiber your child needs daily:

Minimum:

Child’s age + 5 = grams of fiber needed per day

Maximum:

Child’s age + 10 = grams of fiber needed per day

Example: Ahmed is 10 years old. The amount of fiber he needs daily is:

Minimum

10 (his age) + 5 = 15 grams per day

Maximum

10 (his age) + 10 = 20 grams per day

Ahmed needs 15–20 grams of fiber per day

Tips When You Start to Increase Fiber Intake

- ◀ Include a variety of food sources at meal times that contain fiber (see the table).
- ◀ Slowly increase the amount of fiber your child eats over the course of a few weeks to meet his/her fiber goal. Rapid increase may make the constipation worse or cause gas, cramping, bloating, or diarrhea.
- ◀ Drink plenty of fluids. Fiber works best with adequate fluids, which will help soften the stool and make it easier to pass.

Fiber Containing Foods

Step 1:

Calculate how much fiber your child need.

Step 2:

Include food from this table, add up the grams of fiber to reach the goal.

Breads/Muffins	Fiber Content (grams)
1 slice whole wheat or rye	1-2 grams
1 small corn tortilla	1-2 grams
1 small bran muffin	3-4 grams
1 cup corn flakes	1-2 grams
½ cup Quaker old fashioned oats	3-4grams

Pasta/Rice	Fiber Content (grams)
½ cup whole wheat pasta	3-4 grams
1 cup brown rice	3-4 grams

Fruits	Fiber Content (grams)
10 grapes or 1 cup cantaloupe or pineapple	1-2 grams
1medium-size banana, kiwi, peach, or plum	1-2 grams
1 cup blueberries or strawberries	3 grams
6–8 prunes or 1 medium pear	4-5 grams
1 cup raspberries	8 grams

Vegetables	Fiber Content (grams)
1 cup raw spinach or ½ cup broccoli, green beans, corn, or raw carrots	1-2 grams
½ cup green peas, Brussels sprouts	3-4 grams
1 medium sweet potato with skin	3-4 grams
½ cup lima beans	8 grams

Dried beans/Nuts/Peas	Fiber Content (grams)
28 grams nuts or seeds	3-4 grams
2 tablespoon Chia seeds	8 grams
½ cup kidney beans, pinto beans, or chickpeas	5-6 grams

Snack Foods*	Fiber Content (grams)
1 serving whole-grain goldfish	1-2 grams
6 whole grain crackers	3-4 grams
3 cups popcorn	3-4 grams