



ARNOLD PALMER HOSPITAL
For Children
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Fiber 101

One of the easiest ways to reduce the likelihood of children becoming constipated is to make sure they are getting plenty of fiber in their diet.

What, exactly, is fiber?

Fiber is what your mom used to call "roughage". Basically, it's the indigestible portion of all the plants that we eat - fruits, vegetables, grains, and beans - that help keep us regular. It's a lot more than just lettuce and spinach.

How much fiber does my child need? (for children 2 and up)

According to the American Academy of Pediatrics a simple way to determine how many grams of fiber your child needs each day is to add 5 to your child's age. For example, a 5-year-old should get about 10 grams of fiber a day. After the age of 15, kids need about 20 to 25 grams of fiber per day. (The American Dietetic Association recommends adults eat 21-38 grams of dietary fiber a day depending on age and gender.)

What foods are high in fiber?

Beans, grains, vegetables and fruit are all very high in fiber.

Fiber is listed on food labels under total carbohydrates. Sometimes it will be further broken down into soluble and insoluble fibers, which we don't need to worry about right now. Here's a list of some high-fiber foods:

| Fruits | Serving size | Total fiber (grams) |
|------------------|---------------------|----------------------------|
| Pear | 1 medium | 5.1 |
| Banana | 1 medium | 3.0 |
| Raspberries | 1 cup | 8.0 |
| Figs, dried | 2 medium | 3.7 |
| Blueberries | 1 cup | 3.5 |
| Apple, with skin | 1 medium | 3.3 |
| Strawberries | 1 cup | 3.3 |
| Peaches, dried | 3 halves | 3.2 |

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|-----------------------------------|---------------------|----------------------------|
| Orange | 1 medium | 3.1 |
| Apricots, dried | 10 halves | 2.6 |
| Raisins | 1.5-ounce box | 1.6 |
| Grains, cereal & pasta | Serving size | Total fiber (grams) |
| Cheerios® | 1 cup | 3.0 |
| Spaghetti, whole-wheat | 1 cup | 6.3 |
| Bran flakes | 3/4 cup | 5.1 |
| Oatmeal | 1 cup | 4.0 |
| Bread, rye | 1 slice | 1.9 |
| Bread, whole-wheat | 1 slice | 1.9 |
| Bread, mixed-grain | 1 slice | 1.7 |
| Bread, cracked-wheat | 1 slice | 1.4 |
| English Muffin, whole-wheat | 1 muffin | 4.4 |
| Legumes, nuts & seeds | Serving size | Total fiber (grams) |
| Edamame | 1 cup | 10.0 |
| Lentils | 1 cup | 15.6 |
| Black beans | 1 cup | 15.0 |
| Lima beans | 1 cup | 13.2 |
| Baked beans, canned | 1 cup | 10.4 |
| Almonds | 24 nuts | 3.3 |
| Pistachio nuts | 47 nuts | 2.9 |
| Peanuts | 28 nuts | 2.3 |
| Cashews | 18 nuts | 0.9 |
| Vegetables | Serving size | Total fiber (grams) |
| Peas | 1 cup | 8.8 |
| Artichoke, cooked | 1 medium | 6.5 |
| Brussels sprouts | 1 cup | 6.4 |
| Turnip greens, boiled | 1 cup | 5.0 |
| Potato, baked with skin | 1 medium | 4.4 |
| Sweet potato | 1 medium | 4.8 |
| Corn | 1 cup | 4.2 |
| Popcorn, air-popped | 3 cups | 3.6 |
| Tomato paste | 1/4 cup | 3.0 |
| Carrot | 1 medium | 2.0 |