

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Meal Planning Tips for Children with Constipation



To relieve constipation, try following tips:

- Encourage your child to drink a hot beverage or eat hot cereal first thing in the morning.
- Make sure your child gets enough fiber and fluids. Most individuals should eat about 14 grams of fiber for each 1,000 calories they consume. Drinking plenty of water and other fluids helps the fiber move through the body.
- **Slowly** increase the amount of fiber that your child eats. Over the span of a few days, increase fiber by no more than 5 grams (g). Ways to give your child more fiber include:
 - Adding unprocessed bran to his or her foods. Start with 1 teaspoon bran added to cereal.
 - Adding a fiber supplement (such as Benefiber) to foods and beverages. Ask your child's health care team how much to add.
 - Adding flaxseed to foods. Start with 1 tablespoon ground flaxseed or flaxseed meal added to cereal or applesauce.
 - Giving your child snacks of dried fruit (such as prunes, raisins, dried cranberries) or prune juice.
- Speak to your child's health care team about the use of stool softeners and laxatives.

Notes:

Sample 1-Day Menus That Increase in Fiber

Week 1

	Fiber
Breakfast	
4-inch bagel with 2 tablespoons peanut butter	3.9 grams
1 medium banana	3.1 grams
Lunch	
Grilled chicken sandwich with lettuce	1.3 grams
Snack	
Apple	2.5 grams
Evening meal	
5 ounces baked fish	
Baked potato (no skin)	2.3 grams
½ cup green beans	2.0 grams
Total fiber for one day	15.1 grams

Week 2

	Fiber
Breakfast	
1 cup Cheerios with skim milk	2.8 grams
½ cup fresh or frozen blueberries	2.5 grams
Lunch	
Tuna salad on whole wheat bread	3.8 grams
Chips	1.2 grams
Apple	2.5 grams
Snack	
Cereal bar	2.1 grams
Evening meal	
4 ounces baked chicken	
½ cup brown rice	1.8 grams
½ cup steamed broccoli	2.6 grams
Total fiber for 1 day	19.3 grams

Week 3

	Fiber
Breakfast	
1 cup oatmeal with ¼ cup raisins	5.0 grams
1 sliced orange	4.3 grams
Lunch	
Toasted cheese sandwich on 2 slices	

whole wheat bread	3.8 grams
2 slices tomato	0.6 gram
Apple	2.5 grams
Snack	
½ cup whole grain cereal (such as Total Raisin Bran) mixed with 1 cup yogurt	2.5 grams
Evening meal	
4 ounces steak	
½ cup canned corn	1.6 grams
10 baby carrots	2.9 grams
½ cup brown rice	1.8 grams
Total fiber for 1 day	25.0 grams

Week 4

	Fiber
Breakfast	
½ cup shredded wheat and ⅓ cup bran buds with skim milk	15.6 grams
4 ounces orange juice	0.25 gram
Lunch	
Grilled chicken on 2 cups lettuce	1.0 gram
Hard roll	0.5 gram
¼ cup green beans	1.0 gram
Snack	
Trail mix (¼ cup nuts, ¼ cup raisins, ½ cup pretzels)	4.4 grams
Evening meal	
Shrimp stir-fry (1 cup shrimp, 1 cup mixed oriental vegetables)	6.0 grams
1 cup white rice	3.5 grams
Total fiber for 1 day	29.35 grams

Week 5

	Fiber
Breakfast	
2 whole grain waffles with syrup	4.0 grams
½ grapefruit	1.7 grams
Lunch	
1 cup lentil soup	7.0 grams
Turkey sandwich on a whole wheat bun	3.2 grams
Pear	2.5 grams
Snack	
3 rye crackers	5.0 grams

Slice of swiss cheese ½ cup baby carrots	1.8 grams
Evening meal	
2 cups pasta with ½ cup marinara sauce	6.8 grams
1 cup spinach salad	0.7 gram
1 cup strawberries	3.0 grams
Total fiber for 1 day	35.7 grams

Notes: