

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Tips to Increase Fiber Intake in Children

Try some of these ideas for adding fiber to your child’s diet. Ask a registered dietitian for advice on how to include these as part of a healthy meal plan.



Foods to Include (~2 g fiber/serving)	Suggestions for Increasing Intake
<p>Fruit</p> <p>Fresh Fruit</p> <ul style="list-style-type: none"> • Apple with skin (2/3) • Avocado (1/4) • Banana (1 medium) • Cantaloupe (1½ cups) • Cherries (20) • Grapefruit (1 medium) • Mango (2/3 medium) • Nectarine (1 medium) • Orange (2/3) • Papaya (2/3) • Peach (1 medium) • Pear (1/2 medium) • Pineapple (1 cup) • Plums (2 medium) • Watermelon (3 cups) • Fruit preserves (5 tbsp) <p>Fruit with edible seeds</p> <ul style="list-style-type: none"> • Blackberries (1/4 cup) • Blueberries (1/3 cup) • Kiwi (3/4 medium) • Raspberries (1/4 cup) • Strawberries (2/3 cup sliced) 	<ul style="list-style-type: none"> • Try scoring an apple so it is striped. • Spread crunchy peanut butter on apple slices and banana coins. • Dip fruit in yogurt or chocolate then nuts or favorite whole-grain cereal. • Add dried fruit to cereals, baked goods, pancake batter, fruit salad, etc. • Make fresh fruit kabobs on Popsicle sticks.

<p>Dried Fruit</p> <ul style="list-style-type: none"> • Apricots (8 halves) • Raisins (1/3 cup) • Dates (4) • Figs (1) • Peach (2 halves) • Prunes (3) • Fruit-filled cereal bars (1) <p>Fruit Nectar</p> <ul style="list-style-type: none"> • Apricot nectar (10 oz) • Pear nectar (10 oz) • Prune juice (8 oz) 	
<i>Vegetables</i>	
<p>Raw/Cooked Vegetables</p> <ul style="list-style-type: none"> • Asparagus (1 cup) • Broccoli (1/2 cup) • Potato with peel (1/2 medium) • Brussels sprouts (2½ sprouts) • Cabbage, raw (1½-2 cups) • Carrots (1 medium or 2 baby carrots) • Cauliflower (3/4 cup) • Celery (1/2-3/4 cup) • Eggplant (1 cup) • Green beans (1/2-1 cup) • Peas (1/3 cup) • Pepper, sweet (1 cup) • Spinach (1/2 cup) • Squash (1/2-1 cup) • Sweet potato (1/2 cup) • Tomato (1¼ medium) <p>Potato skins (2) Corn on the cob (5 ½-in pieces) Carrot juice (8 oz)</p>	<ul style="list-style-type: none"> • Try raw veggies and dip. • Leave the peel on. • Add chopped celery, carrots, green peppers, etc, to tuna, chicken, and other salads. • Use unpeeled potatoes to make potato salad, french fries, hash browns, etc. • Spread crunchy peanut butter on celery slices and top with raisins. • Make vegetable kabobs on Popsicle sticks. • Add shredded vegetables to coleslaw. • Add chopped or pureed vegetables to soups, casseroles, pasta dishes, and sauces.

<p><i>Legumes and Nuts</i></p> <ul style="list-style-type: none"> • Bean soup (1/4 cup) • Kidney beans (2 ½ tbsp) • Garbanzo beans (1/4 cup) • Black beans (2 ½ tbsp) • Refried beans (2 ½ tbsp) • Baked beans (2 ½ tbsp) • Chili with beans (3 tbsp) • Crunchy peanut butter (2 tbsp) • Sunflower kernels (2/3 oz) • Tahini (sesame butter) (2 tbsp) • Peanuts (1 oz) • Almonds (15 nuts) • Cashews (2 oz) • Pistachios (32 nuts) • Walnuts (22 halves) • Hazelnuts (1 oz) 	<ul style="list-style-type: none"> • Add beans to salads and soups. • Make a bean dip for nachos or raw vegetables. • Puree beans and add to soups, casseroles, and ground meat dishes. • Add chopped nuts to baked goods, fruit salads, etc.
<p><i>Grains</i></p> <p><i>Cereals</i></p> <ul style="list-style-type: none"> • Corn bran (1/4 cup) • Frosted Mini Wheats (1/3 cup) • Cracklin, Oat Bran (1/4 cup) • Cheerios (2/3 cup) • Multigrain Cheerios (2/3 cup) • Raisin bran (1/3 cup) • Bran Chex (1/4 cup) • Shredded wheat and bran (1/3 cup) • Bran flakes (1/2 cup) • Grape Nuts (1/4 cup) • Granola (1/2 cup) • Oatmeal (1/2 cup) • Wheat germ (2 tbsp) • 100% bran (4 tsp) <p>Whole-grain/seeded bagels (1) Whole-grain bread (1-3 slices) Whole-grain muffins (banana, blueberry, bran) (1-2) Cornbread (2 pieces, or 3 oz) Whole-wheat noodles (1/2 cup) Whole-wheat tortilla (1/4 of one) Corn tortilla (2 5-in)</p>	<ul style="list-style-type: none"> • Mix low-and high-fiber cereals such as Rice Chex and Bran Chex or Apple Jacks and Cheerios. • Add wheat germ or a high-fiber cereal to a favorite low-fiber cereal. • Substitute whole-grain flour for part of white flour when baking. • Use one slice wheat, one slice white bread for a sandwich. • Make quesadillas with cheese and beans on whole-wheat/corn tortillas. • Top pancakes, waffles, or French toast with berries and nuts. • Mix white and brown rice. • Try tabbouleh, wild rice, or pasta salad with fresh vegetables.

<p>Whole-grain frozen waffle (1) Buckwheat pancakes (1/2 serving or 2½ oz pancake) French toast made with whole-grain bread (1 slice) Polenta (10 oz) Wild rice (2/3 cup) Brown rice (2/3 cup cooked) Whole-grain crackers (1-4) Bulgur (1/4 cup)</p>	
Desserts	
	<ul style="list-style-type: none"> • Top graham crackers or cookies with seeded jam. • Make peanut butter desserts with crunchy peanut butter. • Make Rice Krispie treats with peanuts, wheat germ, and other high-fiber cereals. • Top frozen yogurt or ice cream with dried fruit, granola, nuts, or favorite high-fiber cereal. • Make a frozen yogurt/ice cream sandwich between two oatmeal cookies or graham crackers.
Snack Foods	
<p>Popcorn (2 cups) Yellow, blue, red corn tortilla chips (15) (fiber varies from 1-3 g/5 chips) Whole-wheat pretzels (1 oz) Mini popcorn cakes (8)</p>	<ul style="list-style-type: none"> • Make trail mix with cereal, dried fruit, nuts, etc. • Make popcorn balls with dried fruit and nuts. • Make Chex mix with Bran Chex.

Note: Nuts, seeds, raisins, popcorn, small candies, raw vegetables, olives, and granola may cause choking in small children. These foods should not be given to children younger than 4 years of age.