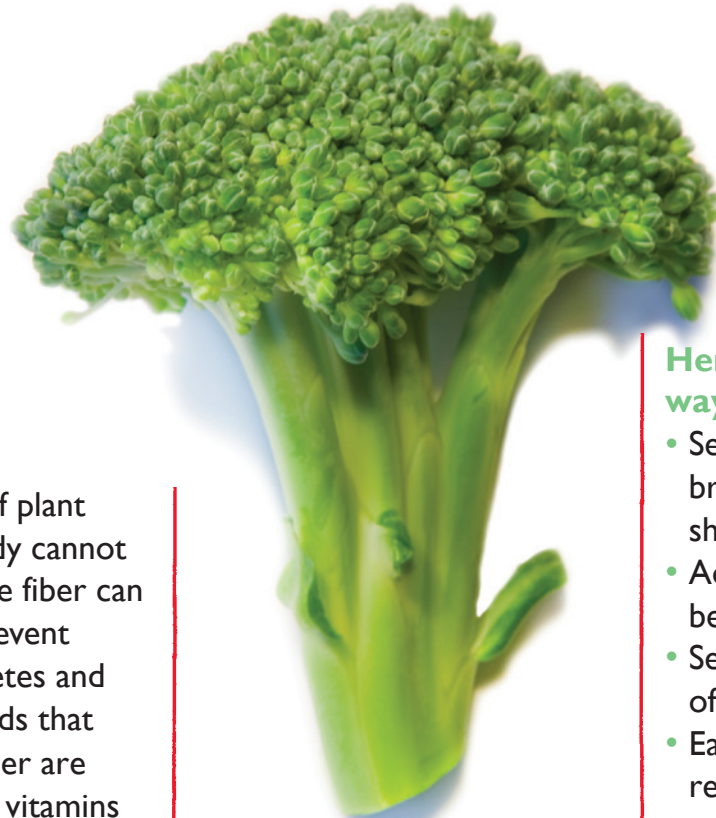


# HOW TO ADD FIBER TO YOUR MEAL



Fiber is the part of plant foods that the body cannot digest. Eating more fiber can help your child prevent constipation, diabetes and heart disease. Foods that contain a lot of fiber are filling, have lots of vitamins and minerals, and help children maintain a healthy weight.

Fiber should be added very gradually to give the body time to adjust. Drinking plenty of fluids helps fiber do its work.



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## How much fiber is enough?

You can find out how much fiber is in food by looking for the “dietary fiber” line on food labels.

**Children ages 3-15 should aim for “age in years plus 5-10 grams” of fiber. Older teens should eat 20-35 grams of fiber a day.**

## FOR EXAMPLE

*an 8-year old should eat 8 grams + 5 to 10 = 13 to 18 grams of fiber a day.*

## Here are some easy ways to add fiber.

- Serve high-fiber cereal like bran flakes, oatmeal, or shredded wheat.
- Add some raisins or berries to breakfast cereal.
- Serve whole fruit instead of juices.
- Eat vegetables that are really high in fiber like carrots, winter squash, broccoli, cauliflower, peas, potatoes and avocado.
- Add a salad to lunch or dinner.
- Eat apples, pears, and potatoes with the peels on.
- Add beans (like kidney or navy beans), chickpeas, or lentils to salads and soups or eat baked beans as a side dish.
- Popcorn makes a great high-fiber snack.
- Fill  $\frac{3}{4}$  of the lunch or dinner plate with plant-based foods, such as fruits, vegetables, and whole grains.