

# Patient information

## High Fibre Diet for Children

### What is Fibre and what does it do?

Fibre is found in cereals, fruit and vegetables. It is not digested in the body and as it passes through your digestive system, it soaks up water and makes your stools softer.

### How to calculate how much fibre your child should be eating?

Age + 5 grams per day in children older than 2 years e.g. if your child is 7 years old the calculation would be  $7 + 5 = 12\text{g}$  per day. Remember fibre portions should be increased gradually.

### Which foods are high in Fibre?

- Wholemeal, granary bread or high fibre white bread.
- Breakfast cereals such as Weetabix, Bran Flakes, Shreddies, porridge, Fruit & Fibre.
- Brown rice.
- Wholemeal spaghetti/pasta.
- Biscuits such as Digestives, Hob Nobs and fig rolls.
- Cakes made from wholemeal flour, flapjacks, oatcakes, scones, pastries and muffins.
- Cereal and muesli bars.
- Dried fruit or fruit and vegetables of which you can eat with the skin on.
- Peas, baked beans, sweetcorn, lentils, chickpeas and red kidney beans.
- Jacket potato with the skin left on.

### Which foods are low in Fibre?

- White bread
- Biscuits such as sandwich biscuits and Rich Tea.
- Breakfast cereals such as Cornflakes, Rice Krispies and Frosties.

- White rice and pasta.

## **What should I remember?**

- You should eat at regular meal times. Constipation can happen if you snack lots instead of eating at regular meal times.
- Drink plenty of water, squash and fruit juice (6 – 8 glasses a day). Drinking just before you eat will reduce your appetite, so try to drink after meals rather than before.
- For children who find it difficult to increase the amount they drink, try to include foods that contain a high fluid level such as gravy, sauces, soup, custard, jelly and ice lollies.
- Avoid excessive milk consumption as children can fill up easily with milk resulting in a poor dietary intake.

## **Menu Planner**

### **Breakfast Ideas:**

- High fibre breakfast cereals with fruit and milk.
- Wholemeal toast with margarine, jam or marmalade.
- Cereal bar and banana.

### **Lunch Ideas:**

- Wholemeal roll/bread/pitta bread with meat or fish or egg and a salad.
- Baked beans on toast.
- Vegetable pizza and salad.
- Vegetable soup with wholemeal bread/roll.

### **Main Meal Ideas:**

- Jacket potato and beans.
- Chilli con carne with brown rice.
- Spaghetti bolognese with wholemeal pasta.
- Meat casserole with vegetables and jacket/mashed potato.
- Fish and chips, beans/peas.

**Snack Ideas:**

- Fresh or dried fruit.
- Digestive biscuits/Hob Nobs/fig rolls/flapjack/fruit cake/malt loaf, wholemeal scone.

For extra recipe ideas please ask your Dietitian.

**Useful website:**

[www.childhoodconstipation.com](http://www.childhoodconstipation.com)

**Fibre Content of Foods.**

Please use the calculation in the fibre booklet to work out how much fibre your child should be aiming for.

All children are individual and while this figure may be ideal for most, your child may need more or less than this.

FOOD	PORTION SIZE	FIBRE (g)
<b>Bread</b>		
Wholemeal	1 small slice	1.5
High fibre white	1 small slice	0.8
Brown	1small slice	0.9
Wholemeal pitta	1 min	1.8
<b>Breakfast Cereal</b>		
Weetabix	1 biscuit	1.9
Mini Shredded Wheat	Small bowl	3.4
Shreddies	Small bowl	3.5
Porridge	Small bowl	1.3
Sultana Bran	Small bowl	2.0
Raisin Splitz	Small Bowl	2.3
Muesli	Small bowl	2.0
Fruit 'n' Fibre	Small bowl	1.4
Corn Flakes	Small bowl	0.2
Bran Flakes	Small bowl	2.6
All-Bran	Small bowl	7.2
<b>Biscuit/crackers</b>		
Wholewheat cracker	2	1.0
High fibre crisp-bread	2	3.2

Digestive	1	0.3
Cereal Bar	1	1.0
Gingernuts	1	0.2
Oat based biscuit	1	0.5
Oatcakes	1	0.7
Shortbread	1	0.2
Wholemeal scone	1	2.6
Wholemeal Fruit Cake	Average slice	1.7
<b>Fruit</b>		
Eating apple	1 small	1.3
Banana	1 medium	1.1
Orange	1 small	2.0
Grapes	10	0.6
Raisins	1 tbsp	0.6
Avocado	1/2	2.6
Blackberries	10	1.5
Dates (dried)	5	3.0
Fruit cocktail (canned in juice)	Small bowl	1.2
Grapefruit	1/2	1.0
Kiwi	1 medium	1.1
Mango	1 slice	1.0
Melon (cantaloupe)	1 slice	1.5
Peach	1 small	1.1
Pear	1 medium	3.3
Pineapple	1 large slice	1.0
Plum	1 small	0.5
Prunes (dried)	5	2.3
Raspberries	10	1.0
Strawberries	5	0.7
Tangerine	1 small	0.6
Sultanas	24	0.5
<b>Vegetables</b>		
Broccoli	2 spears	2.4
Beetroot	4 slices	0.8
Potatoes – baked with skin	small	2.7
Peas	2 tbsp	3.0
Broad beans	2 tbsp	7.8
Butter beans	2 tbsp	3.7

Cabbage	2 tbsp	1.1
Carrots	2 tbsp	2.0
Cauliflower	3 florets	0.5
Celery (raw)	1 stick	0.3
Chickpeas	2 tbsp	2.9
Corn-on-the-cob	1 whole	2.7
Green pepper	2 sliced rings	0.3
Leeks	Stem	1.1
Lentils split (boiled)	2 tbsp	1.5
Oven chips	Small portion	1.2
New potatoes	2 average size	1.2
Red kidney beans	2 tbsp	4.3
Spinach	2 tbsp	1.7
Sweetcorn (canned)	2 tbsp	0.9
Tomatoes	1 small	0.7
Turnip	1 tbsp	0.8
Baked beans	2 tbsp	3.0
<b>Pasta/rice</b>		
Wholewheat pasta	3 tbsp	3.1
Brown boiled rice	2 heaped tbsp	0.6

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the disabledgo website link below:*

*<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>*