

Patient information

High fibre diet for children

Contact Dietitian Telephone number

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 much fibre should your child be eating?

Age	Grams of fibre per day
2 - 5 years	15g
6 - 11 years	20g
12 - 16 years	25g
17+ years	30g

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.

On the next page is a table of some of the foods that are high in fibre. The quantity of fibre each portion contains is also listed.

Food	Portion size	Fibre (g)
Bread		
Wholemeal	1 small slice	1.5
High fibre white	1 small slice	0.8
Brown	1 small slice	0.9
Wholemeal pitta	1 mini	1.8
Hovis® seed sensation bread	1 slice	2.5
Wholemeal wrap	1 wrap	4.9
Breakfast cereal		
Weetabix®	1 biscuit	1.9
Mini Shredded Wheat®	Small bowl	3.4
Shreddies®	Small bowl	3.5
Multigrain hoops	Small bowl	2.9
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
Biscuit / crackers		
Wholewheat cracker	2	1.0
High fibre crisp-bread	2	3.2
Digestive	1	0.3
Cereal bar	1	1.0

Fruit		
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
Vegetables		
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
Pasta / rice		
Whole wheat pasta	3 tbsp	3.1
Brown boiled rice	2 heaped tbsp	0.6
Nuts (<i>Nuts can be given from 6 months of age but should be ground, crushed, or as a smooth nut butter until the child is 5 years of age, to reduce the risk of choking</i>).		
Linseeds / flax seeds	1 tbsp	3g
Almonds	1 tbsp	0.8
Peanuts	1 tbsp	0.7
Sunflower seeds	1 tbsp	0.7
Peanut butter	1 tbsp	1.3
Other products		
Fibre One bars®	1	5.1
Fibre One cake bar®	1	5.8
Asda® blueberry muffin fibre bar	1	5.3
Hot chocolate	Approx. 220mls	1.6
Yogurt with whole grains	Small bowl (125g)	0.6

Tips on how to increase your fibre intake

- Have a high-fibre cereal at breakfast
- Add fruit to breakfast cereal
- Have an oat-based cereal bar, fresh fruit, trail mix, popcorn or wholemeal toast as a snack
- Mix linseeds into yogurt
- Have a wholemeal sandwich at lunch with carrot stick and hummus
- Have a vegetable soup with wholemeal bread
- Have wholemeal pasta with vegetables at dinner time
- Add pulses such as baked beans and lentils to dishes
- Add extra vegetables to sauces such as bolognaise, curry and chilli
- Keep a supply of frozen vegetables so you are never without!
- Leave the skin on vegetables and fruit and aim to have five portions of fruit and vegetables a day.
- Blend together some fruit and milk / yogurt for a refreshing smoothie

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, marmalade or peanut butter
- 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 chops, beans / peas

Snack ideas

- Fresh or dried fruit
- Digestive biscuits / Hob Nobs® / fig rolls / flapjack / fruit cake / malt loaf
- Wholemeal scone
- Wholemeal toast

For extra recipe ideas please ask your Dietitian.

Useful website

www.childhoodconstipation.com

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