



# Fiber and Fluids



## FIBER NEEDS FOR AGE

1-3 years — 19 grams per day

4-8 years — 25 grams per day

9-13 years — 26 grams per day for GIRLS

9-13 years — 31 grams per day for BOYS

14-18 years — 26 grams per day for GIRLS

14-18 years — 38 grams per day for BOYS

Source: Dietary Reference Intakes, Institute of Medicine (2010)

## IDEAS FOR INCREASING FIBER

- Increase fiber gradually to avoid gas and bloating.
- Eat plenty of vegetables, fruits, nuts and whole grains.
- Try popcorn, nuts, fruits and veggies for snacks instead of chips and crackers.
- Eat fruit instead of drinking juice.
- Add beans to taco meat, soup and casseroles.
- Add veggies to sandwiches, casseroles and soups.
- Add oatmeal, brown rice or cornmeal to meatloaf or hamburgers.
- Top salads with nuts or seeds.
- On Nutrition Facts label, look for foods with at least 3-5 grams of fiber per serving.

## FLUID FACTS

- Fluid is essential for life. Our bodies are 60 percent water!
- Fluid helps keep stools soft and prevent constipation.
- Fluid helps us get rid of waste products from our bodies.

## FIBER FACTS

- Fiber is also known as “roughage.”
- Fiber is found in plant-based foods. It helps foods move through our digestive system.
- There is no fiber in juice, milk products, meats or refined grain products.
- Fiber is like a sponge to absorb water to keep stools soft and prevent constipation.
- Fiber helps keep you full.



## INDIVIDUAL FLUID NEEDS:

Your child needs \_\_\_\_\_ fluid ounces or \_\_\_\_\_ cups of fluid each day.



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## FOODS RICH IN FIBER

Choose This	Not This
<b>VEGETABLES:</b> All fresh, frozen and canned vegetables such as avocado, beet, broccoli, Brussel sprouts, carrots, cauliflower, celery, corn, cucumber, green beans, green leafy vegetables, green peas, jicama, leaf lettuce, radish, spinach, sprouts, sweet potato, tomato and potato. Leave skin on—such as cucumbers and potatoes.	
<b>FRUIT:</b> All fresh frozen, canned and dried such as apple, apricot, banana, berries, cherries, grapes, kiwi, mango, melon, nectarine, orange, peach, pear, plum, prune, raisins and tangerine.	Fruit juice and fruit snacks.
<b>BREADS (whole grain):</b> 100 percent whole wheat bread, 100 percent whole wheat tortilla, bran muffins, corn bread, corn tortilla and white high fiber bread.	White sandwich bread and white flour tortilla.
<b>CEREALS (whole grain):</b> Fiber One®, Grape Nuts®, Kashi® GOLEAN®, Oatmeal, Raisin Bran®, Shredded Mini-Wheats® and Wheat Chex™.	Sugar-refined cereals such as: Cap'n Crunch®, Cocoa Krispies®, Cookie Crisp® and Froot Loops®.
<b>CEREAL BARS:</b> Those with at least 3 grams of fiber.	Those with less than 2 grams of fiber per bar.
<b>PANCAKES and WAFFLES:</b> Buckwheat, oat and whole wheat.	White enriched flour and white rice flour.
<b>PASTA and GRAINS:</b> Brown rice, corn pasta, whole wheat, quinoa and teff.	Pasta made of enriched flour, white rice or white rice pasta.
<b>LEGUMES, NUTS and SEEDS:</b> All dried beans, lentils, split peas, nuts and seeds such as black beans, black eyed peas, fava beans, chick peas, edamame, frijoles, Great Northern beans, kidney beans, lentils, lima beans, navy beans, pinto beans, soy beans, split peas, white beans, nuts and peanuts.	
<b>BAKING INGREDIENTS:</b> Whole wheat flour, oats, corn meal, brown rice flour, oat bran, quinoa flour, teff flour and wheat germ.	Potato flour, tapioca flour and rice flour.
<b>BEVERAGES:</b> Smoothies with frozen berries, fortified soy milk and water.	Soda, fruit juice and fruit punch.
<b>SNACKS:</b> Beanitos®, bean dips, guacamole, nuts, popcorn, salsa, seeds, trail mix and Triscuit®.	Candy, cheese crackers, ice cream and potato chips.