

## Foods High in Fiber

### Whole Grain Products

(wheat, oats, rye, corn)

- ▲ whole grain breads
- ▲ whole grain crackers
- ▲ whole grain muffins
- ▲ corn tortillas
- ▲ popcorn



### Cold Breakfast Cereals

- ▲ 100% bran cereal
- ▲ shredded wheat cereal
- ▲ puffed wheat cereal



### Hot Breakfast Cereals

- ▲ oatmeal
- ▲ wheat germ
- ▲ other whole grain cereals



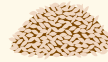
### Cooked Vegetables

- ▲ carrots
- ▲ peas
- ▲ lima beans
- ▲ potatoes
- ▲ green beans
- ▲ corn
- ▲ cooked greens (spinach or other greens)
- ▲ broccoli
- ▲ cauliflower
- ▲ cabbage
- ▲ winter squash
- ▲ summer squash
- ▲ most other vegetables



### Cooked Grains

- ▲ brown rice
- ▲ barley
- ▲ other whole grains



### Fresh Fruit

- ▲ pears
- ▲ peaches
- ▲ apples
- ▲ strawberries
- ▲ figs



### Dried Fruit

- ▲ prunes
- ▲ raisins
- ▲ figs
- ▲ apricots
- ▲ pears
- ▲ peaches
- ▲ apples



### Bean and Nut Products

- ▲ pinto beans
- ▲ black beans
- ▲ navy beans
- ▲ kidney beans
- ▲ dried peas (split peas)
- ▲ lentils
- ▲ garbanzo beans
- ▲ peanut butter



## High Fiber Menu Suggestions

	Day 1	Day 2
<b>Breakfast</b> 	scrambled egg bran muffin prune juice milk	oatmeal with raisins apricots milk
<b>Snack</b> 	graham crackers water	whole grain toast strips with peanut butter milk
<b>Lunch</b> 	lentil soup tuna sandwich on whole wheat bread milk	vegetable beef soup cheese quesadillas with corn tortillas orange juice
<b>Snack</b> 	whole grain crackers with peanut butter	fresh fruit
<b>Dinner</b> 	tacos with beef and beans cooked carrots fresh fruit salad milk	baked chicken peas rice green salad milk

### High Fiber Snack Ideas:

- ▲ whole grain muffins (bran, oatmeal, corn)
- ▲ fresh fruit
- ▲ soft cooked carrot slices
- ▲ whole wheat toast strips
- ▲ popcorn
- ▲ soft cooked dried fruit (without seeds)
- ▲ oatmeal cookies
- ▲ Fig Newton type cookies
- ▲ puffed wheat cereal

**Warning:** Children under age 4 can choke on foods like hot dogs, popcorn, nuts, raw carrots, grapes, jelly beans, gum, and hard candy. Avoid these foods. Cut hot dogs into very small pieces.

# Relief from Constipation



This is my goal: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Is your child constipated?

## Important Do's and Don'ts

**Do** check with your doctor to make sure the problem is constipation and not something else.

**Don't** worry if your child doesn't have a bowel movement each day. If the stool is soft, your child probably is not constipated. Constipation usually causes a dry hard stool that is hard to pass.

**Don't** give your child any laxatives, mineral oil, suppositories or enemas unless prescribed by your doctor. Using these often may cause health problems for your child.

## Your doctor may recommend:

- ▲ Give your child foods with more fiber. (Fiber is part of our food that we cannot digest. It makes the stool softer.)
- ▲ Give your child plenty of liquids.
- ▲ Help your child go to the bathroom regularly.
- ▲ Help your child get lots of exercise.

There are many causes of constipation. Some may be related to diet, some may not.

**Give your child more fiber and liquids**



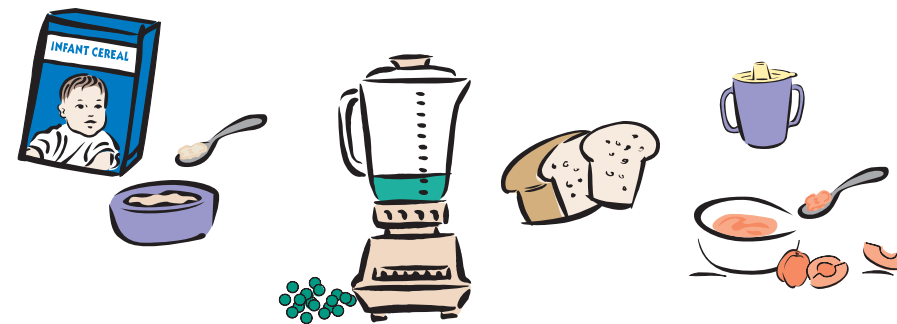
## Babies Under Six Months Old

Check with your doctor about your concerns. He or she will tell you what you should do.



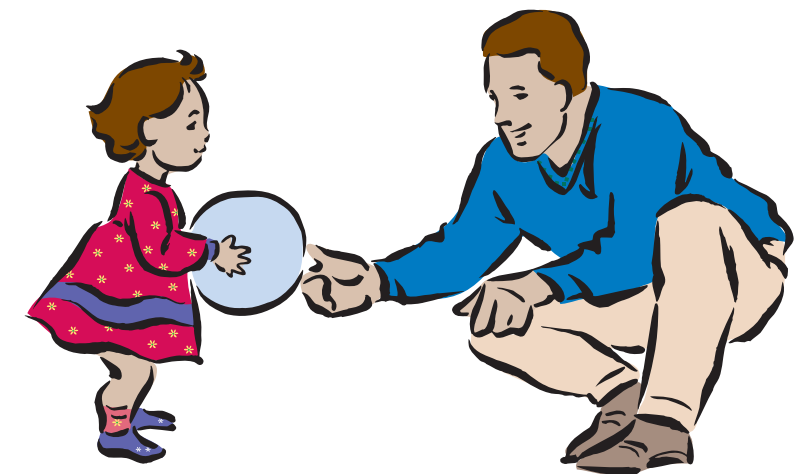
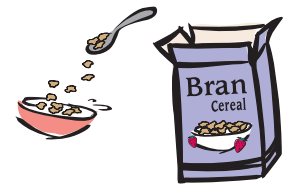
## Babies Over Six Months Old

- ▲ Give your baby foods with more fiber.
- ▲ Give your baby plenty of liquids.
- ▲ Offer your baby 2 to 4 ounces (60–120 milliliters) of strained apricots, prunes or prune juice per day.
- ▲ Soften one teaspoon of 100% bran cereal with breast milk or formula and add this to the baby cereal.
- ▲ Homemade baby foods, vegetables and fruit usually have more fiber than jar baby foods.



## Toddlers and Young Children

- ▲ Help your child go to the bathroom regularly. Set aside a quiet time each day for using the toilet. After a meal may be the best time.
- ▲ Encourage your child to use the bathroom when he/she needs to go. Do not rush your child.
- ▲ Offer your child a variety of foods high in fiber. Whole grain breads and cereals, vegetables, and fresh fruit are especially good.
- ▲ To increase fiber, you can add to your child's soft foods and cereals:
  - 1 to 3 tablespoons (15–45 milliliters) per day of 100% bran cereal,
  - OR
  - 1 to 4 tablespoons (15–60 milliliters) per day of wheat germ,
  - OR
  - 1 to 2 tablespoons (15–30 milliliters) of finely chopped dried fruit like raisins, prunes or dried apples.
- ▲ Give your child plenty of liquids, especially water, every day.
- ▲ Regular exercise is important. Be sure your child gets to play actively every day!





**Dear Colleague,**

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:  
Office of Health Promotion  
P.O. Box 47833 Olympia, WA 98504-7833  
(360) 236-3736

**Sincerely,**  
**Health Education Resource Exchange Web Team**