

Fiber


How many servings of fiber does a child need?

14 grams of fiber are needed per 1,000 calories consumed.
 Children need 5 servings of fruits or vegetables per day.



Sources of Fiber

There are 2 forms of fiber: insoluble and soluble. Insoluble fiber is found in grains/cereals and is what adds bulk to the stool. Soluble fiber is found in fruits/vegetables and helps keep stools soft. Insoluble fiber is what can cause bloating or pain, *not* soluble fiber.

VEGETABLES			FRUITS		
Food	Serving Size	Grams of Fiber	Food	Serving Size	Grams of Fiber
Beans (navy), cooked	1/2 cup	9.5	Raspberries (sweetened), frozen	1/2 cup	5.5
Beans (pinto, black), cooked	1/2 cup	7.7	Pears, raw	1 pear	5.1
Chickpeas (garbanzo beans), cooked	1/2 cup	6.2	Raspberries, raw	1/2 cup	4.0
Lentils, cooked	1/2 cup	7.8	Blackberries, raw	1/2 cup	3.8
Potato (with skin), baked	1 potato	4.4	Apples (with skin), raw	1 apple	3.3
Peas (frozen), cooked	1/2 cup	4.4	Oranges, raw	1 orange	3.1
Mixed Veggies (frozen), cooked	1/2 cup	4.0	Bananas, raw	1 banana	3.1
Soybeans, cooked	1/2 cup	3.8	Pears, canned in syrup	1/2 cup	2.2
Broccoli, cooked	1/2 cup	2.5	Grapefruit (pink and red), raw	1/2 grapefruit	2.0
Carrots, cooked	1/2 cup	2.3	Grapefruit (white), raw	1/2 grapefruit	1.3
Carrots, raw	1 carrot	2.0	Orange juice (unsweetened), frozen concentrate	6-fl-oz can	1.7
Green beans, cooked	1/2 cup	2.0	CEREALS (Includes brand names)		
Sweet corn (on the cob), cooked	1 ear	1.8	Kellogg's All-Bran	1/2 cup	8.8
Vegetable soup (Progresso™)	1 cup	1.4	Kellogg's Raisin Bran	1/2 cup	3.6
Lettuce (romaine), raw	1 cup	1.2	Wheatena, cooked with water	1/2 cup	3.3
Lettuce (green leaf), raw	1 cup	0.7	Shredded wheat, plain no sugar	2 biscuits	5.5
Celery, raw	1 stalk	0.6	Quaker Oats, honey and raisins	1/2 cup	4.2
GRAINS			Quaker Low fat Natural Granola with Raisins	1/2 cup	2.8
Food	Serving Size	Grams of Fiber	Quaker Instant Oatmeal, apples and cinnamon, with boiling water	1 packet	2.7
Barley (pearled), cooked	1/2 cup	3.0	Kellogg's Frosted Mini-Wheats	1/2 cup	2.5
Oat bran, cooked	1/2 cup	2.8	General Mills Raisin Nut Bran, Total Raisin Bran	1/2 cup	2.5
Rice (brown), cooked	1/2 cup	1.7	General Mills Cheerios	1/2 cup	1.8
Bagels	4" bagel	2.0	General Mills Wheaties	1/2 cup	1.5
Bread, whole-wheat, rye	1 slice	1.9	OTHER		
Spaghetti, cooked	1/2 cup	1.7	Food	Serving Size	Grams of Fiber
	Pasta with meatballs, tomato sauce, canned	1 cup	6.8		
	Soup, Progresso Classic Lentil, canned	1 cup	5.6		
	Mixed nuts, dry roasted with peanuts and salt	1 oz	2.6		
	Peanuts, dry roasted with salt	appx 28 (1 oz)	2.3		
	Chocolate Milk	1 cup	2.0		
	Tortilla chip snacks	1 oz	1.8		