

What is Fiber?

Fiber is a type of carbohydrate that the body can't digest. It helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check. There are two types of fiber: soluble and insoluble. Both are important for a healthy diet.

Why is Fiber Important for Kids?

- **Promotes Healthy Digestion:** Fiber adds bulk to stools and helps food pass more easily through the digestive system, preventing constipation.
 - **Controls Blood Sugar Levels:** Fiber helps slow the absorption of sugar, which can help maintain stable blood sugar levels.
 - **Keeps You Full:** High-fiber foods are more filling, which can help prevent overeating.
 - **Supports Healthy Weight:** Because high-fiber foods are more filling, they can help your child maintain a healthy weight.
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Daily Fiber Needs

The recommended daily fiber intake for children varies by age:

- **1-3 years:** 19 grams
 - **4-8 years:** 25 grams
 - **9-13 years (girls):** 26 grams
 - **9-13 years (boys):** 31 grams
 - **14-18 years (girls):** 26 grams
 - **14-18 years (boys):** 38 grams
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High-Fiber Food Options

Here are some kid-friendly high-fiber foods to include in your child's diet:

1. **Fruits:**
 1. Apples (with skin)
 2. Pears (with skin)
 3. Berries (strawberries, raspberries, blueberries)

4. Oranges

5. Bananas

2. Vegetables:

1. Carrots

2. Broccoli

3. Sweet potatoes (with skin)

4. Peas

5. Spinach

3. Whole Grains:

1. Whole wheat bread

2. Brown rice

3. Oatmeal

4. Whole grain cereals

5. Quinoa

4. Legumes:

1. Beans (black beans, kidney beans, chickpeas)

2. Lentils

3. Peas

5. Nuts and Seeds:

1. Almonds

2. Chia seeds

3. Flaxseeds

4. Sunflower seeds

Tips for Increasing Fiber Intake

1. **Start Slowly:** Gradually increase fiber in your child's diet to prevent gas and bloating.

2. **Hydrate:** Ensure your child drinks plenty of water to help fiber move through the digestive system.
 3. **Incorporate Fiber in Snacks:** Offer high-fiber snacks like fruits, vegetables, and whole grain crackers.
 4. **Make It Fun:** Create fun and colorful meals with a variety of fruits and vegetables.
 5. **Read Labels:** Choose foods with higher fiber content by reading nutrition labels.
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Sample High-Fiber Meal Plan

Breakfast:

- Oatmeal topped with berries and a sprinkle of chia seeds

Lunch:

- Whole grain sandwich with turkey, spinach, and avocado
- Carrot sticks and hummus

Snack:

- Apple slices with almond butter

Dinner:

- Grilled chicken with quinoa and steamed broccoli
 - Orange slices for dessert
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Conclusion

Including more fiber in your child's diet can be simple and delicious. By incorporating a variety of high-fiber foods, you can help your child enjoy the benefits of a healthy digestive system and overall well-being.

If you have any questions or need further guidance, please feel free to contact our office.