

# How much fiber does my child need each day?

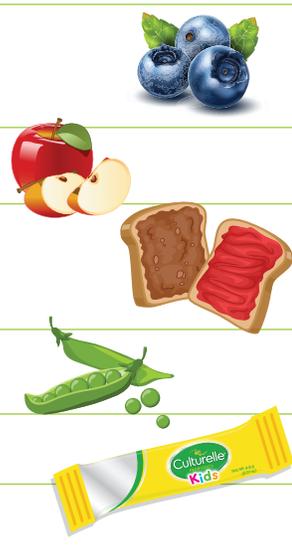
About 5 – 10 grams plus your child's age.

Always ask your family pediatrician before increasing your child's fiber intake.

Signs that your child may benefit from adding more fiber to their diet include constipation, diarrhea, or hard stools. Pay attention to any signs of abdominal distention, bloating, or pain. Talk to your child's pediatrician if your child fears going to the toilet, has painful bowel movements, or prefers to "hold it".

Age in years	Grams needed per day
2	7 – 12
3	8 – 13
4	9 – 14
5	10 – 15
6	11 – 16
7	12 – 17
8	13 – 18
9	14 – 19
10	15 – 20
11	16 – 21
12	17 – 22
13	18 – 23
14	19 – 24
15	20 – 25
16	21 – 26
17	22 – 27
18	23 – 28

	Low-Fiber Menu <sup>§</sup>	Improved Fiber Menu <sup>§</sup>
Breakfast	2 eggs.....0 g Cereal (1 c.).....0 g Milk (½ pint or 1 c.).....0 g	2 eggs.....0 g Cereal (½ c.).....0 g <b>Blueberries (½ c.).....2 g</b> Milk (½ pint or 1 c.).....0 g
Snack	1 cheese stick.....0 g Fruit gummy snacks.....0 g	1 cheese stick.....0 g <b>Sliced apples (1 c.).....3 g</b>
Lunch	Ham & cheese, 2 slices of bread.....1 g Mini pretzels (1 oz).....0 g Milk (½ pint or 1 c.).....0 g	<b>Sunflower seed butter (2 Tbsp) &amp; fruit spread, 2 slices of bread.....3 g</b> Mini pretzels (1 oz).....0 g Milk (½ pint or 1 c.).....0 g
Dinner	Pasta & meatballs, marinara, parmesan cheese (1 c.).....1 ½ g Sliced cucumbers.....½ g	Pasta & meatballs, <b>peas</b> , marinara parmesan cheese (1 c.).....4 g Sliced cucumbers.....½ g
Dessert	Vanilla pudding.....0 g	Vanilla pudding.....0 g <b>Culturelle® Kids Probiotic + Fiber... 3½ g</b>
<b>Total</b>	<b>Less than 5 grams per day</b>	<b>16 grams of fiber per day!</b>



<sup>§</sup>Example meal offerings for a 6-year-old child.

**95%** of American children do not meet adequate intakes (AIs) of total fiber set forth by the Institute of Medicine.



A food-first approach is recommended, however a pediatric supplement, such as Culturelle® Kids Probiotic + Fiber, can help bridge the fiber gap. Always talk to your healthcare provider before adding fiber to your child's diet.

1. Slavin J. Fiber and prebiotics: mechanisms and health benefits. *Nutrients*. Apr 22 2013;5(4):1417-35. doi:10.3390/nu5041417
2. Quagliani D, Felt-Gunderson P. Closing America's Fiber Intake Gap: Communication Strategies From a Food and Fiber Summit. *Am J Lifestyle Med*. Jan-Feb 2017;11(1):80-85. doi:10.1177/1559827615588079
3. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](http://fdc.nal.usda.gov).
4. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

Fiber-Rich Foods <sup>^</sup>	Serving Size	Grams per Serving
High Fiber Bran Cereal	¾ c	10
Pinto Beans	½ c	8
Black Beans	½ c	8
Wheat Bran Flakes	1 c	6
Baked Beans	½ c	5
Shredded Wheat Cereal	1 c	5
Avocado	1	9
Pear	1	6
Cooked Whole Wheat Spaghetti	1 c	6
Roasted Pumpkin Seeds	¼ c	5
Broccoli	1 c, chopped	5
Wheat Bran Flakes Cereal		5
Potato (with skin), baked	1 potato	4
Whole Wheat Tortilla	1	4
Green Peas	½ c	4
Apple	1	4
Kiwi	2	4
Refried Beans	½ c	4
Cooked Frozen Mixed Vegetables	½ c	4
Raspberries	½ c	4
Peanut butter <sup>°</sup>	2 tbsp, chunky	3
Orange	1	3
Banana	1	3
Blueberries	½ c	3
Kale	½ c, cooked	3
Sunflower butter <sup>°</sup>	2 tbsp	2
Corn	½ c	2

<sup>°</sup> Sticky foods may present a choking hazard for young children. Talk to your pediatric healthcare provider or dietitian about how to safely offer nut butter to children under the age of five.

<sup>^</sup> Many plant-foods provide fiber. Examples are provided for educational purposes. Ask your pediatrician whether specific foods are appropriate for your child.

