Fiber helps prevent constipation (problems having a bowel movement) and helps to keep your body healthy. Fiber is material in food that cannot be broken down by your body.

The American Academy of Pediatrics recommends that kids over 2 years of age eat 5 to 10 grams of fiber plus their age. For example, a 10 year old would need 15 to 20 grams of fiber per day. Females need up to 25 grams and males need up to 38 grams of fiber per day.

Below are general amounts to eat from each food group for kids 6 to 11 years of age.

**What to eat**

The foods listed below are high in fiber. Choose a variety of these foods for good health.

For more healthy eating tips for children, please see the handout “Healthy Eating for Children” at https://patienteducation.osumc.edu/Documents/healthy.pdf.

**Whole grains**

Eat at least **5 to 7 servings a day.** A serving is 1 slice of bread, 1 cup of unsweetened cereal, or ½ cup cooked rice, cooked pasta, or cooked cereal.

Good choices are:
- Whole wheat bread
- Bran cereal
- Brown rice
- Whole wheat pastas

**Vegetables**

Eat **2 to 3 cups a day.** 1 cup raw or cooked vegetables, or 2 cups raw leafy greens are considered as equal to 1 cup of vegetables.

Good choices are:
- Broccoli
- Carrots
- Peas
- Celery
- Corn
- Baked potato with skin
**Fruit**

Eat 1 ½ cups a day. 1 cup of fruit or 1/2 cup of dried fruit are considered as equal to 1 cup of fruit. Leave the skin on fruits, like apples and pears, to get more fiber.

Good choices are:

- Apples
- Pears
- Oranges
- Bananas
- Strawberries
- Dried fruit, like raisins and prunes

**Lean meat and meat substitutes**

Eat 5 to 6 ounces a day from the meat and meat substitute group. Try eating beans, peas, nuts, and seeds a few times a week. These are highest in fiber.

Good choices are:

- Beans
- Peas
- Nuts
- Seeds

**Healthy snacks**

Choosing healthy snacks when you are hungry between meals is an easy way to increase the fiber in your diet.

Good choices are:

- Popcorn
- Granola bars
- Raw vegetables
- Raw fruits
- Nuts
- Seeds
- Whole grain crackers
Other tips

- Add foods high in fiber to your diet slowly.
- Visit www.choosemyplate.gov/children for food group information, tips, and more.
- Drink 8 to 10 glasses of fluid a day. Beverages with caffeine, such as cola, are not to be counted towards your total glasses of fluid a day.
- When you need to go to the bathroom, go right away.
- Exercise often to keep your body and the food inside of it moving. This helps prevent or limit constipation.
- Limit junk food and candy, which contain very little fiber.

Talk to your doctor or health care team if you have any questions about your care.
For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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