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
Breakfast	scrambled egg bran muffin prune juice milk	oatmeal with raisins apricots milk
Snack	graham crackers water	whole grain toast strips with peanut butter milk
Lunch	lentil soup tuna sandwich on whole wheat bread milk	vegetable beef soup cheese quesadillas with corn tortillas orange juice
Snack	whole grain crackers with peanut butter	fresh fruit
Dinner	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.

Washington State Department of Health
DOH Pub 961-195 8/2004

Adapted from California Department of Health, WIC Supplemental Nutrition Branch. Printed by Washington State Department of Health WIC Program. WIC is an equal opportunity program. For persons with disabilities this document is available on request in other formats. To submit a request please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).

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.

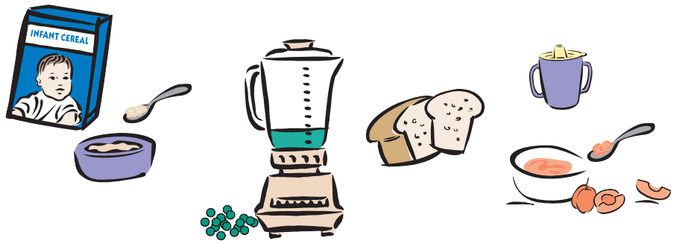
Give your child more fiber and liquids

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

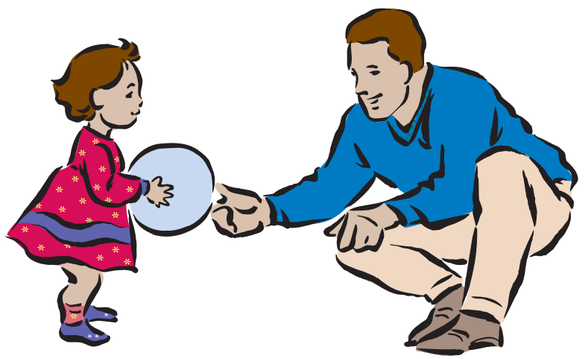
- ▲ Give your baby foods with more fiber.
- ▲ Give your baby plenty of liquids.
- ▲ Offer your baby 2 to 4 ounces (60–120 milliliters) of strained apricots, prunes or prune juice per day.
- ▲ Soften one teaspoon of 100% bran cereal with breast milk or formula and add this to the baby cereal.
- ▲ Homemade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



Washington State Department of Health

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Sincerely,
Health Education Resource Exchange Web Team

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Title:	**Relief from Constipation**
Size:	16.5 x 9
Paper stock:	60# text Sterling gloss white
Ink color:	4-color process
Special instructions:	Prints 2 sides. Cover bleeds. Finished job folds to 5.5 x 9
DOH Pub #:	961-195