FIBER

Fiber is important to keep stools soft, have regular bowel movements and to prevent constipation. Fiber can be found in many healthy foods, such as whole grains, vegetables, fruit, nuts and grains. Meats, processed foods and fatty foods contain very little fiber.

Increase Fiber and Prevent Constipation By:

- Eat a serving of cereal that contains 5 or more grams of fiber/serving each day. Increase fiber gradually by adding 1-2 servings of a high fiber food each day.
- Gradually increase your fruits and vegetables until eating at least 2 servings of fruit and 3 servings of vegetables daily. This will help prevent gas and bloating if added gradually.
- Use whole grains instead of white grains (ex: whole wheat or corn tortillas instead of flour tortillas)
- Increase water intake
- Limit fruit juice to 4 oz/day for children, 8 oz for adults
- Vegetable juices are better choices than fruit juices, as sugar is lower.
- Substitute beans and nuts/nut butters for some of your protein

Fiber needs for Age

Children: (1-3 years) 19 grams/day
Children: (4-8 years) 25 grams/day
Women: 25 grams/day
Pregnant Women: 28 grams/day