

Fiber.

In the Colorectal and Pelvic Center at Children's Health, we sometimes recommend giving fiber along with laxatives to help manage constipation (difficulty pooping). Adding fiber to what your child eats, along with fluids, can add bulk to poop without causing constipation. Fiber binds with the water to make the poop formed.

When the poop is formed, rather than loose or watery, it is easier to "hold" so your child can make it to the toilet. Fiber, along with a laxative, will make the laxative work better. To work best, it should be taken every day. It can take at least 3 days to start working. Here are some examples of fiber supplements and food you can find at your local drug or grocery store.

Types of fiber:

- **Benefiber (wheat dextrin)**
 - Powder: 1 teaspoon = 1.5 grams fiber
 - 1 packet: 2 teaspoons = 3 grams fiber

- **Metamucil (psyllium husk)**
 - Powder: 1 teaspoon = 2 grams fiber
 - 1 packet: 1 teaspoon = 2 grams fiber

- **Pectin**
 - Powder: 1 Tablespoon = 2 grams fiber

- **Citrucel**
 - Powder: 1 Tablespoon = 2 grams fiber
 - Tablets: 2 tablets = 1 gram fiber



High Fiber Foods:

- **1-3 grams of fiber per serving:**
 - **Fruits:** 1 cup of cantaloupe chunks, 1/4 cup raisins, 3 small prunes, 1 medium peach, 1/2 cup blueberries, 1 medium orange, 1 medium mango, 1 medium papaya
 - **Vegetables:** 1/2 cup zucchini, 2 stalks celery, 1/2 cup of broccoli, 1 medium carrot, 1/2 cup spinach, 4 medium tomato slices
 - **Breads, Grains, and Pasta:** 1 average bagel, 1 slice whole wheat bread, 3 small pancakes, 1/2 cup brown rice, 1/2 cup spaghetti, 1 medium corn tortilla
 - **Breakfast Cereals:** 1/2 cup of Cheerios, 3/4 cup of cooked oatmeal, 2/3 cup of Life cereal

- **4-6 grams of fiber per serving:**
 - **Fruits:** 1 medium pear with skin, 1 cup of strawberries, 1 medium apple with skin, 10 dried dates, 1 cup raspberries
 - **Vegetables:** 1/2 cup of brussel sprouts, 2/3 cup of corn, 2/3 cup of green peas, 2/3 cup winter squash, 1 medium sweet potato
 - **Bread, Grains, and Pasta:** 1/4 cup of wheat germ, 3 Tbsp wheat bran, 1 oz rye-krisp crackers, 1 bran muffin, 3 buckwheat pancakes
 - **Breakfast Cereals:** 2/3 cup of Bran Chex, 3/4 cup bran flakes, 3/4 cup Raisin Bran, 2/3 Roman Meal hot cereal, 1/3 cup Cracklin' Oat Bran, 1/2 cup Fruit and Fiber

- **6 or more grams of fiber per serving:**
 - 1/2 cup of baked beans, 1/2 cup of refried beans, 1/2 cup of kidney beans, 1 cup pork and beans

- **Miscellaneous Foods:**
 - 1 cup bean and bacon soup - 7 grams fiber
 - 1 cup split pea soup - 4 grams fiber
 - 1 cup minestrone soup - 3 grams fiber
 - 1 cup of vegetable soup - 3 grams fiber