

Fiber Facts for Kids

Fiber is in many kinds of foods, like fruits, vegetables, and whole grains. Eating enough fiber may help your child have soft, pain-free, and regular bowel movements.

What is fiber?

Fiber is the part of plant foods that does not break down or get absorbed when it is eaten. Because foods high in fiber do not break down, they:

- Add bulk (attach to poop and keep it formed)
 - Absorb water (keeps poop moist, soft, and easier to push out)
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How much fiber does my child need?

The amount of total fiber your child needs per day depends on their age, gender, and medical conditions. You will know your child is getting about the right amount of fiber when their bowel movements are soft, well-formed, and do not cause pain.

Use the chart below to estimate how much fiber your child should try to eat each day. Serving high-fiber foods with most of your child's meals and snacks will help them to reach the total recommended.

Age	Amount fiber per day
1-3 years old	19 grams
4-8 years old	25 grams
Males, 9-13 years old	31 grams
Females, 9-13 years old	26 grams
Males, 14-18 years old	38 grams
Females, 14-18 years old	26 grams

When adding fiber to your child's diet, do so gradually so their body can adjust. If your child has gas, bloating, loose stools, or abdominal pain, this could be a sign of too much fiber. Contact your child's doctor or dietitian if this is a concern.

