

Fluid and Fiber Tracker

Fluid and dietary fiber are the things that keep our digestion “moving”, but most children do not get enough of either one! The first step to making changes is to “paint a picture”: know your child’s typical patterns.

Take three days of data, including at least one home day and one school day. **Only record drinks and fruits, vegetable, or grain foods (such as crackers, bread, rice, pasta, etc.)**

DAY 1		Foods & Drinks	Amount Eaten
	Meal 1		
	Meal 2		
	Meal 3		
	Snacks		
DAY 2	Meal 1		
	Meal 2		
	Meal 3		
	Snacks		
DAY 3	Meal 1		
	Meal 2		
	Meal 3		
	Snacks		

Get to Know Your Child's Patterns

1. **Take Data:** Write down your child's food and fluid intake on an "average" day. Include details like how much, and types like brown rice vs. white, canned vs. fresh fruit
2. **Calculate Your Data:**
 - **Use AI:** go to go.uvm.edu/ai-fluidfiber.
 - o This will prompt you to enter information about your child's age and weight, and your child's intake. You will have to enter each day separately.
 - o Ask ChatGPT to calculate your child's average fluid and fiber based on these three days, and then compare your child's intake to recommended averages.
 - **Calculate by hand:** A website like cronometer.com includes nutrition information for many, many foods.
 - o Look up information about each food they ate, and add them up
 - o Divide this number by three for a daily average
 - o Look at the average fiber and fluid needs chart below.
3. Compare your child's needs and current patterns:

Calculate how much your child ate, and how much is recommended. Subtract your child's intake from the recommendation to see how much more they might need.

My child ate this many grams of fiber per day:

My child needs this many grams of fiber per day:

Recommended – Child's actual intake = (how much more your child needs)

My child drank this many ounces of fluid per day:

My child needs this many ounces of fluid per day:

Recommended – Child's actual intake = (how much more your child needs)

AGE	Fiber Needs (grams)	Fluids Amount (fl oz/day)
2-4 years	14	32-40
5-8 years	20	40
9-13 years	25	60
14-18 years	25-30	90