



High fiber foods

	Fiber (grams)
Cereal (½ cup serving)	
Fiber One	13
100% Bran	12
All Bran	12
Bran Buds	12
Kashi Go Lean	5
Kellogg's Complete Bran Flakes	5
Grape Nuts	5
Raisin Bran*	3 to 5
Cracklin' Oat Bran*	4
100% Whole Grain Wheat Chex	3
Fruit and Fibre	3
Great Grains	3
Frosted Mini Wheats	3
Kellogg's Low Fat Granola	3
Cheerios	2 [¶]
Wheaties	2 [¶]
Instant oatmeal	2 [¶] Δ
Fruit	
Pear (one)	4
Strawberries (1 cup)	3
Apple (one, with skin)	3
Dried fruits (eg, raisins) (3 Tablespoons)	3
Papaya (one)	3
Peach (fresh)	2 [¶]
Plums (two)	2 [¶]
Mango	2 [¶]
Nectarine	2 [¶]
Avocado (½ medium)	2 [¶]
Tomato (one medium)	2 [¶]

Vegetables (cooked unless indicated)

Pinto, kidney, black, lima beans (½ cup)	4 to 7
Sweet potato (1 medium)	4
Lentils (½ cup)	4
Jicama (½ raw)	3 to 4
Baked potato with skin (medium)	3
Corn (½ cup)	3
Peas (½ cup)	3
Broccoli (½ cup)	2 [¶]
Cabbage (½ cup)	2 [¶]
Spinach (½ cup)	2 [¶]
Cauliflower (¾ cup)	2 [¶]
Carrots (1 medium raw, or ½ cup cooked)	2 [¶]

* These cereals are also high in sugar (15 to 20 grams/serving).

¶ These foods contain relatively small amounts of fiber, but may still be helpful to provide a portion of the child's fiber intake.

Δ Reflects insoluble fiber, which is the most relevant type of fiber for prevention and treatment of constipation. Soluble fiber has different health benefits. Some "high fiber" forms of instant oatmeal contain up to 10 grams of fiber. However, most of this additional fiber is soluble, which may not be as valuable as insoluble fiber for prevention and treatment of constipation.

Graphic 77796 Version 5.0