

**FIBER DIET
&
GUIDELINES FOR PARENTS AND CHILDREN IN
ESTABLISHING
REGULAR BOWEL MOVEMENTS**

It is important for your child to develop regular habit times for eating, sleeping and exercising. A good well balanced diet with limited amounts of carbohydrates (sugar and starches) is important. Foods containing natural bulk will produce softer stools. When you and your family have established a time for a routine, follow these guidelines.

- 1. A regular routine is important in establishing a pattern. The child should sit on the potty same time every day, usually after a meal.*
- 2. Have child sit on toilet or potty chair. A soft seat ring adapter can be used to allow the child to sit comfortably.*
- 3. Do not allow your child to remain on the toilet or potty chair for a long period of time. (10 minutes at the most)*
- 4. Check skin for pressure injuries and if this develops, you may need to make adjustments on the potty chair or have a stool for the child's feet to rest on when on the toilet.*
- 5. If your child has had a history of constipation you may need to use a stool softener. There are several softeners on the market and you may have to try several before discovering which one will work best for your child. Clinic staff can provide information on this for you if asked.*

There may be many defeats and frustrations. Regulation can not be obtained in a short time. It may take several months of trial and error before the best routine for you and your child is established. Remember that our clinic staff is available to help. If you have and questions or concerns please feel free to contact your office at the following number.

List of High Fiber Foods

(The fiber count for most packaged foods can be found on the label.)

FRUIT	AMOUNT	TOTAL FIBER (grams)
Apples with skin	1 medium	5.00
Apricot	3 medium	0.98
Apricots, dried	5 pieces	2.89
Banana	1 medium	3.92
Blueberries	1 cup	4.18
Cantaloupe, cubes	1 cup	1.28
Figs, dried	2 medium	3.74
Grapefruit	1/2 medium	6.12
Orange, navel	1 medium	3.40
Peach	1 medium	2.00
Peaches, dried	3 pieces	3.18
Pear	1 medium	5.08
Plum	1 medium	1.00
Raisins	1.5 oz box	1.60
Raspberries	1 cup	8.34
Strawberries	1 cup	3.98
VEGETABLES	AMOUNT	TOTAL FIBER (grams)
Avocado (fruit)	1 medium	11.84
Beets, cooked	1 cup	2.85
Beet greens	1 cup	4.20
Bok choy, cooked	1 cup	2.76
Broccoli, cooked	1 cup	4.5
Brussels sprouts	1 cup	2.84
Cabbage, cooked	1 cup	4.20
Carrot	1 medium	2.00
Carrot, cooked	1 cup	5.22
Cauliflower, cooked	1 cup	3.43
Cole slaw	1 cup	4.00

Collard greens, cooked	1 cup	2.58
Corn, sweet	1 cup	4.66
Green beans	1 cup	3.95
Celery	1 stalk	1.02
Kale, cooked	1 cup	7.20
Onions, raw	1 cup	2.88
Peas, cooked	1 cup	8.84
Peppers, sweet	1 cup	2.62
Pop corn, air-popped	3 cups	3.60
Potato, baked w/skin	1 medium	4.80
Spinach, cooked	1 cup	4.32
Summer squash, cooked	1 cup	2.52
Sweet potato, cooked	1 cup	5.94
Swiss chard, cooked	1 cup	3.68
Tomato	1 medium	1.00
Winter squash, cooked	1 cup	5.74
Zucchini, cooked	1 cup	2.63
CEREAL, GRAINS, PASTA	AMOUNT	TOTAL FIBER (grams)
Bran cereal	1 cup	19.94
Bread, whole wheat	1 slice	2.00
Oats, rolled dry	1 cup	12.00
Pasta, whole wheat	1 cup	6.34
Rice, dry brown	1 cup	7.98
BEANS, NUTS, SEEDS	AMOUNT	TOTAL FIBER (grams)
Almonds	1 oz	4.22
Black beans, cooked	1 cup	14.92
Cashews	1 oz	1.00
Flax seeds	3 tbs	6.97
Garbanzo beans, cooked	1 cup	5.80
Kidney beans, cooked	1 cup	13.33
Lentils, red cooked	1 cup	15.64
Lima beans, cooked	1 cup	13.16
Peanuts	1 oz	2.30

Pistachio nuts	1 oz	3.10
Pumpkin seeds	1/4 cup	4.12
Soybeans, cooked	1 cup	7.62
Sunflower seeds	1/4 cup	3.00
Walnuts	1 oz	3.08

Foods that Cause Constipation

- 1. Processed foods – refined white flour, white rice, sugars, pastries and all of the processed prepackaged foods where the fiber has been removed.*
- 2. Foods high in hydrogenated and animal fats – cheese, ice cream, fatty meats, whole milk and snacks like chips and pizza.*
- 3. High sugar, caffeine and non-nutritional drinks – alcohol, coffee, colas and fruit juice (since the fiber has been removed).*

Bowel problems can also be a symptom of diseases, such as metabolism and nervous system conditions or irritable bowel syndrome. Here are all the main causes of constipation problems.

- Lack of exercise*
- Stress and tension*
- Drugs and Medications*
- Too little fiber in the diet*
- Not drinking enough water*
- Disrupted routine (as when traveling)*
- Intentionally holding back (common in children)*

Natural Lifestyle Solutions for Constipation

1. Nutrition: The first step is to eat more fruits, vegetables, whole grains, seeds and beans from the fiber food chart. Also vitamins C and B complex and the mineral magnesium have been shown to have a positive effect on bowel function. So to relieve constipation naturally be sure to add all natural health supplements to your diet.

2. Water: Drink 8 to 10 glasses of pure water a day. A large glass of room temperature or warm water, possibly as a mild herbal tea, first thing in the morning can work wonders. And a warm bath in Epsom salts can reduce pain and tension and help detoxify your body naturally.

3. Regular Exercise: As you move your body walking, swimming, doing

yoga or with some other form of exercise, you strengthen muscles and massage the intestines and colon.

4. Stress Management: Add relaxation techniques or meditation to your daily routine.

5. Healthy Habits: Set aside relaxing time for relieving yourself. Usually after meals is good. A child's footstool under your feet will put you in the most natural position for a bowel movement. This is especially important for children with constipation problems.

6. Fiber supplements: Psyllium, bran and other bulking supplements increase fiber volume to soften the stool and make it easier to pass. Daily use for preventing and relieving constipation is generally safe and effective for most people. Always begin slowly and drink plenty of water

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