



4171 Westport Road
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6112 Crestwood Station
Crestwood, KY 40014

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www.eastlouisvillepediatrics.com

Fiber Guidelines

This guideline is for use with our constipation handout. The following are current recommendations for daily fiber intake based on age:

- ✓ **Children 1-3 years:** 19 grams of fiber per day
- ✓ **Children 4-8 years:** 25 grams of fiber per day
- ✓ **Boys 9-13 years:** 31 grams of fiber per day
- ✓ **Girls 9-13 years:** 26 grams of fiber per day
- ✓ **Boys 14-19:** 38 grams of fiber per day
- ✓ **Girls 14-19:** 26 grams of fiber per day

Please reference the following tables to help incorporate the appropriate amount of fiber into your child's daily nutrition.

Vegetables			Bread			Grains		
Artichoke	½ cup	2.77gm	Bran Bread	1 slice	1.72gm	Barley	½ cup	8.26gm
Asparagus	½ cup	1.48gm	Cornbread	1piece	1.60gm	Cornmeal	½ cup	5.18gm
Broccoli	½ cup	3.50gm	Saltine Cracker	1piece	0.12gm	Egg Noodles	2oz	1.27gm
Brussel	½ cup	2.19gm	Graham Cracker	1 sq.	0.24gm	White Pasta	2oz	1.25gm
Sprouts			Cracked Wheat	1 slice	1.66gm	Wheat Pasta	2oz	5.61gm
Carrots	½ cup	2.42gm	French	1 slice	0.42gm	White Rice	½ cup	1.42gm
Celery	½ cup	1.08gm	Multigrain	1 slice	1.51gm	Brown Rice	½ cup	5.58gm
Corn	½ cup	4.67gm	Pumpernickel	1 slice	1.72gm	Spaghetti	2oz	1.28gm
Cucumber	½ cup	4.67gm	Rye	1 slice	1.72gm			
Eggplant	½ cup	0.96gm	White	1 slice	0.40gm			
Peas	½ cup	3.36gm	Whole Wheat	1 slice	1.66gm			
Lettuce	½ cup	0.41gm						
Potato	½ cup	1.95gm						
Spinach	½ cup	3.51gm						
Tomato	½ cup	1.35gm						
Zucchini	½ cup	2.34gm						
Avocado	¼ cup	1.70gm						
Sweet	1 sm	4.00gm						
Potato								



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Beans		
Black eyed peas	½ cup	2.92gm
Black Beans	½ cup	7.50gm
Brown Beans	½ cup	8.43gm
Green Beans	½ cup	2.23gm
Kidney Beans	½ cup	8.43gm
Lima Beans	½ cup	4.50gm
Navy Beans	½ cup	8.57gm
Northern Beans	½ cup	8.57gm
Pinto Beans	½ cup	8.48gm
Red Beans	½ cup	8.43gm
White Beans	½ cup	8.57gm

Cereals		
Bran	1oz	8.38gm
Corn Flakes	1oz	0.51gm
Granola	1oz	1.50gm
Oat Bran	1oz	1.98gm
Oat flakes	1oz	0.26gm
Puffed Rice	1oz	0.26gm
Shredded Wheat	1oz	2.83gm
Wheat Germ	1oz	4.05gm
Oatmeal	1oz	4.00gm

Fruits		
Apple	1 med	3.59gm
Apricots	1 cup	2.95gm
Banana	1 med	2.28gm
Blueberry	1 cup	3.50gm
Raspberry	1 cup	6.03gm
Cantaloupe	1piece	1.07gm
Cherry	1 cup	2.63gm
Grapefruit	1 med	1.75gm
Pear	1 med	6.51gm
Prune	1 cup	11.06g
Strawberry	1 cup	3.13gm
Watermelon	1 slice	2.02gm
Orange	1 med	3.10gm