

Fiber

At the Colorectal and Pelvic Center at Children's Health, we sometimes suggest giving your child soluble fiber along with laxatives to help with constipation (trouble pooping). Soluble fiber, when taken with enough fluids, adds bulk to the poop without making constipation worse. It mixes with water to help make the poop more solid.

This is different from insoluble fiber, which can make poop softer or more liquid.

When poop is more solid, it's easiest for your child to hold it in until they get to the toilet. Soluble fiber helps the laxative work better. For the best results, your child should take it every day. It usually takes up to 3 days to start working.

You can find soluble fiber supplements at your local drug or grocery store.

Types of fiber:

Benefiber (wheat dextrin)

- Powder: 1 teaspoon has 1.5 grams of fiber
- 1 packet: 2 teaspoons has 3 grams of fiber



Metamucil (psyllium husk)

- Powder: 1 teaspoon has 2 grams of fiber
- 1 packet: 1 teaspoon has 2 grams of fiber



Pectin

- Powder: 1 Tablespoon has 2 grams of fiber



Citrucel

- Powder: 1 Tablespoon has 2 grams of fiber
- Tablets: 2 pills have 1 gram of fiber



High Fiber Foods:

Foods with 1–3 grams of fiber per serving:

Fruits	1 cup of cantaloupe chunks, one-fourth ($\frac{1}{4}$) cup raisins, 3 small prunes, 1 medium peach, half ($\frac{1}{2}$) a cup of blueberries, 1 medium orange, 1 medium mango, 1 medium papaya
Veggies	Half ($\frac{1}{2}$) a cup of zucchini, 2 stalks celery, half ($\frac{1}{2}$) a cup of broccoli, 1 medium carrot, half ($\frac{1}{2}$) a cup spinach, 4 medium tomato slices
Breads, Grains, and Pasta	1 average bagel, 1 slice of whole wheat bread, 3 small pancakes, half ($\frac{1}{2}$) a cup of brown rice, half ($\frac{1}{2}$) a cup of spaghetti, 1 medium corn tortilla
Cereals	Half ($\frac{1}{2}$) a cup of Cheerios, three-fourths ($\frac{3}{4}$) cup of cooked oatmeal, two-thirds ($\frac{2}{3}$) cup of Life cereal

Foods with 4–6 grams of fiber per serving:

Fruits	1 medium pear with skin, 1 cup of strawberries, 1 medium apple with skin, 10 dried dates, 1 cup of raspberries
Veggies	half ($\frac{1}{2}$) a cup of brussel sprouts, two-thirds ($\frac{2}{3}$) cup of corn, two-thirds ($\frac{2}{3}$) cup of green peas, two-thirds ($\frac{2}{3}$) cup of winter squash, 1 medium sweet potato
Breads, Grains, and Pasta	one-fourth ($\frac{1}{4}$) cup of wheat germ, 3 Tablespoons of wheat bran, 1 bran muffin, 3 buckwheat pancakes
Cereals	two-thirds ($\frac{2}{3}$) cup of Bran Chex, ($\frac{3}{4}$) cup of bran flakes, ($\frac{3}{4}$) cup of Raisin Bran, ($\frac{2}{3}$) cup of Roman Meal hot cereal, one-third ($\frac{1}{3}$) cup of Cracklin' Oat Bran, half ($\frac{1}{2}$) cup of Fruit and Fiber

Foods with 6 or more grams of fiber per serving:

- Half ($\frac{1}{2}$) cup of baked beans
- Half ($\frac{1}{2}$) cup of refried beans
- Half ($\frac{1}{2}$) cup of kidney beans

Soups:

- 1 cup of bean and bacon soup has 7 grams of fiber
- 1 cup of split pea soup has 4 grams of fiber
- 1 cup of minestrone soup has 3 grams of fiber
- 1 cup of vegetable soup has 3 grams of fiber