



Acu Rehab Med

Empowering Wellness, Restoring Function

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CONSTIPATION AND FIBER FACTS FOR PARENTS AND GUARDIANS

Constipation is when it's difficult to have a bowel movement or when bowel movements don't happen often enough. Your child should have between 3 - 7 bowel movements per week however if your child is experiencing bladder problems such as urinary incontinence, urinary frequency or bed-wetting it is important for your child to have daily bowel movements.

If your child has a history of constipation or has recently become constipated, discuss your child's changes in bowel habits with your physician. Many people require more bulk in their diet in the form of high fiber, fiber additives or other bulking agents sold at drug stores. When adding fiber to your diet it is important to remember to encourage your child to drink plenty of fluids.

CONSTIPATION CAN CAUSE BLADDER PROBLEMS

A bowel that is full of stool may irritate the bladder by putting pressure on it. This can cause urinary leakage, urgency, and/or frequency.

If your child doesn't have regular bowel movements it may be because of many different dietary factors including:

- Not drinking enough water -Jell-O and popsicles are a great way to increase fluid intake
- Eating too much high fat and high sugar content foods
- Not eating enough fruit or vegetables (5-7 servings needed per day)
- Not getting enough exercise

Please let your therapist know if you have any questions regarding this very important part of your child's recovery!

FIBER FACTS

To maintain proper bowel function high fiber foods such as bran, shredded wheat, whole grain breads, whole fresh fruits (especially those with skins such as apples) and raw vegetables are important in your diet. Fiber helps general bowel health whether you have loose stools or have constipation. It works by bulking and softening the stool and therefore making it easier to pass.

When adding fiber into your diet, **do so gradually to prevent gas and bloating**. This can occur if your body is not used to digesting fiber in large amounts. It is also important to drink at least 6-8 cups of water daily to keep the fiber moving through your system.

Below are some helpful guidelines:

- Choose fresh fruits or vegetables rather than juice.
- Eat the skin of cleaned fruits and vegetables.
- Choose bran and whole grain breads/cereals daily.
- An increase in fiber should be accompanied with an increase in water.
- Eat less processed foods and more fresh foods.

A good source of dietary fiber contains at least 2 grams per serving. Be sure to eat foods that contain both soluble and insoluble fiber.

FIBER NEEDS IN CHILDREN

In the pediatric population fiber requirements are different. It is based on the age of the child. The formula is the age of the child in grams plus 5 grams. This formula is applicable until the age of 10 when it becomes the same as the adult fiber requirement of 25-35 grams per day. An example of a 7-year-old child would be 7+5 for a total of 12 grams of fiber per day.

FOOD PREPARATION

Dietary fiber can be reduced in foods during preparation and cooking. To retain fiber, serve fresh fruits and vegetables. When preparing foods leave edible skins and seeds, and use whole-grain flours.

Attached is a sample of serving sizes and fiber amounts in various foods. Read “Nutritional Facts” labels on the foods you buy for information about the product purchased. Different brands of the same product can vary in fiber content.

TYPES OF FIBER

Insoluble fiber includes foods that are not easily mashable

- Fruits
- Vegetables
- Dried beans
- Wheat bran
- Seeds
- Popcorn
- Brown rice
- Whole grain products such as breads, cereals and pasta

Soluble fiber includes foods that are smooth and low residue

- Fruits such as apples, oranges, pears, peaches
- Vegetables
- Seeds
- Oat bran
- Dried beans
- Oatmeal, barley and rye
- Prunes

Grams of Fiber in Food Products *

Food Products	Serving Size	Grams of Fiber per serving
<i>Breads</i>		
Whole Wheat	1 slice	2.11
White	1 slice	0.50
Rye	1 slice	1.72
<i>Cereals</i>		
Oat Bran	1 oz.	4.06
Wheat Bran	1 oz.	10.0
All Bran	½ cup	6.0
Optimum	1 cup	10.0
Whole Wheat Total	1 cup	3.0
Fiber One	½ cup	13.0
Shredded Wheat	1oz.	2.64
Corn Flakes	1 oz.	0.45
Cheerio's	11/3 cup	2.0
Oatmeal	1 oz.	2.5
<i>Rice</i>		
Brown	½ cup	5.27
White	½ cup	1.42
<i>Spaghetti</i>	2 oz.	2.56
<i>Vegetables (cooked)</i>		
Broccoli	½ cup	2.58
Brussels sprouts	½ cup	2.0
Cauliflower	½ cup	2.6
Carrots	½ cup	3.2
Corn	½ cup	3.03
Eggplant	½ cup	0.96
Green peas	½ cup	3.36
Lettuce (raw)	½ cup	0.24
Baked potato w/skin	½ cup	2.97
Spinach	½ cup	2.07
Squash	½ cup	2.87
Tomato (raw)	½ cup	1.17
Zucchini	½ cup	1.26
<i>Beans</i>		
Green (canned)	½ cup	1.89
Kidney	½ cup	5.48
Lima	½ cup	4.25
Pinto	½ cup	5.93
<i>Fresh fruits</i>		
Apple (with peel)	1 medium	2.76
Apricots	1 cup	3.13
Banana	1 medium	2.19
Blackberries	1 cup	7.20
Boysenberries	1 cup	7.20
Grapefruit	1 medium	3.61
Grapes	1 cup	1.12
Nectarine	1 medium	2.2
Orange	1 medium	3.14
Pear (with peel)	1 medium	4.32
Prunes	3	3.5
Raspberries	1 cup	7.50
Strawberries	1 cup	3.87
Watermelon	1 slice	1.93

Fiber Intake Log

Use this log to record your daily fiber intake.

Meal	Food Items	Grams of Fiber
<i>Breakfast</i>		
<i>Lunch</i>		
<i>Dinner</i>		
	Fiber supplement	
	Total grams of fiber	