

High fibre foods

What is fibre?

Fibre is the part of food that is hard for your body to break down and digest. It is found in grain products, fruits, vegetables, nuts, seeds, beans and legumes. Fibre soaks up liquid in your body. When fibre goes through your bowel, it keeps the waste from getting dried out. Your bowel movements are softer and easier when you eat a lot of fibre. Fibre helps prevent constipation.

Cereal fibre is the best type of fibre to keep your child's bowels healthy.

Cereal fibre is found in cereals and whole grain products.

How can I give my child more fibre?

To give your child more fibre, choose foods from the lists on the next page. Fibre is naturally found in plants such as grains, vegetables and fruits. It is also an ingredient in other foods. Read food labels to see how much fibre is in one serving. Aim to eat products that are a high source of fibre more often!

A food with 4 to 6 grams of fibre in one serving is a "High Source" of fibre.

How much fibre does my child need?

Check the chart to see how many grams (g) of fibre your son or daughter needs at his or her age.

Age	Boys	Girls
1 to 3 years	19 g	19 g
4 to 8 years	25 g	25 g
9 to 13 years	31 g	26 g
14 to 18 years	38 g	26 g

High fibre foods

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<p style="text-align: center; margin: 0;">Breakfast foods</p> <ul style="list-style-type: none"> • cereals: oatmeal, Red River[®], Guardian[®], Fibre One Honey Clusters[®], Corn Bran[®] • whole wheat pancakes or waffles • whole wheat toast 	<p style="text-align: center; margin: 0;">Breads and muffins</p> <ul style="list-style-type: none"> • bran • oatmeal • cornmeal • pumpernickel • rye • whole wheat • Wonder+[®] products 	<p style="text-align: center; margin: 0;">Pasta and rice</p> <ul style="list-style-type: none"> • whole wheat pasta • Catelli Smart[®] pasta • brown rice
<p style="text-align: center; margin: 0;">Cookies and bars</p> <ul style="list-style-type: none"> • fig or granola bar • peanut butter or oatmeal cookies • All Bran[®] bars • Bowel Buddies[®] • Nature Valley Fibre Source+ Omega 3[®] 	<p style="text-align: center; margin: 0;">Crackers</p> <ul style="list-style-type: none"> • whole wheat • Rye Crisps[®] • Triscuit[®] 	<p style="text-align: center; margin: 0;">Snacks</p> <ul style="list-style-type: none"> • all nuts • popcorn
Vegetables		
<ul style="list-style-type: none"> • beets • baked potato with skin • beans (yellow or green) • beans (legumes): black, kidney, navy, lentils, chickpeas • broccoli 	<ul style="list-style-type: none"> • brussel sprouts • carrot • cauliflower corn • eggplant • mushroom • parsnips • peas 	<ul style="list-style-type: none"> • peppers (all colours) • pumpkin • spinach • sweet potato • squash • tomato
Fruits		
<ul style="list-style-type: none"> • apricots • apples • banana • blueberries • blackberries • cherries • coconut • currants 	<ul style="list-style-type: none"> • cantaloupe • dates • figs • grapefruit • kiwi • mango • oranges • peaches 	<ul style="list-style-type: none"> • pears • plums • prunes • raspberries • raisins • rhubarb • strawberries