

High Fiber Diet and Guidelines for Parents and Children in Establishing Bowel Movements



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

1. A regular routine is important in establishing a pattern. The child should sit on the potty at the same time, every day, usually after a meal.
2. Have your child sit comfortably on the toilet chair. A soft seat adapter can be used to help a smaller child.
3. Do not allow your child to remain on the toilet for longer than 10 minutes.
4. If your child has a history of constipation, you may need to use a stool softener. There are several softeners on the market and different ones work differently in each child. Clinic staff can provide information on this for you.

There may be many defeats and frustrations in this process. Regulation cannot be obtained in a short period of 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 needed. If you have any questions or concerns, please call 352.265.8240.

LIST OF HIGH FIBER FOODS

FRUIT	AMOUNT	TOTAL FIBER (GRAMS)
Apple with skin	1 medium	5
Apricot	3 medium	.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	½ medium	6.12
Orange, navel	1 medium	3.4
Peach	1 medium	2
Pear	1 medium	5.08
Plum	1 medium	1
Raisins	1.5 oz box	1.6
Raspberries	1 cup	8.34
Strawberries	1 cup	3.98

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VEGETABLES	AMOUNT	TOTAL FIBER (GRAMS)
Avocado	1 medium	11.84
Beets, cooked	1 cup	2.85
Beets, green	1 cup	4.20
Bok Choy, cooked	1 cup	2.76
Broccoli, cooked	1 cup	4.5
Brussel sprouts	1 cup	2.84
Cabbage, cooked	1 cup	4.20
Carrot, raw	1 medium	2
Carrot, cooked	1 cup	5.22
Cauliflower, cooked	1 cup	3.43
Cole slaw	1 cup	4
Collard greens, cooked	1 cup	2.58
Corn	1 cup	4.66
Celery	1 stalk	1.02
Green Beans	1 cup	3.95
Kale, cooked	1 cup	7.2
Onions, raw	1 cup	2.88
Peas, cooked	1 cup	8.84
Peppers, sweet	1 cup	2.62
Popcorn	3 cups	3.6
Potatoes, baked with skin	1 medium	4.8
Spinach, cooked	1 cup	4.32
Summer squash	1 cup	2.52
Sweet potatoes, cooked	1 cup	5.94
Swiss chard, cooked	1 cup	5.74
Tomato	1 medium	1
Winter squash	1 cup	5.74
Zucchini, cooked	1 cup	2.63

CEREALS, GRAINS, PASTA	AMOUNT	TOTAL FIBER (GRAMS)
Bran cereal	1 cup	19.94
Bread, whole wheat	1 slice	2
Oats, rolled dry	1 cup	12
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
Flax seeds	3 tbs	6.97
Garbanzo beans, cooked	1 cup	5.8
Kidney beans, cooked	1 cup	13.33
Lentils, red cooked	1 cup	15.64
Lima beans, cooked	1 cup	13.16
Peanuts	1 oz	2.3
Pistachio nuts	1 oz	3.1
Pumpkin seeds	¼ cup	4.12
Soybeans, cooked	1 cup	7.62
Sunflower seeds	¼ cup	3
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, soda, and fruit juice (since the fiber has been removed).

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

- ▶ Lack of exercise
- ▶ Stress and tension
- ▶ Drugs and medications
- ▶ Too little fiber in diet
- ▶ Not drinking enough water
- ▶ Disrupted routine (traveling)
- ▶ Intentionally holding back (very common in children).



NATURAL LIFESTYLE SOLUTIONS FOR CONSTIPATION:

1. **Nutrition:** The first step is to eat more fruits, vegetables and whole grains. Also, vitamins C and B complex and the mineral magnesium have been shown to have a positive effect on bowel function. To relieve constipation naturally be sure to add all natural health supplements to your diet.
2. **Water:** Drink 8-10 glasses of pure water a day. A large glass of room temperature water in the morning can work wonders! Warm baths and Epsom salts can reduce pain and tension and help detoxify your body naturally.
3. **Regular Exercise:** As you move your body (walking, swimming, etc.), you strengthen your muscles and massage the intestines and colon.
4. **Stress Management:** Add relaxation techniques, deep breathing or meditation to your daily routine.
5. **Healthy Habits:** Set aside time to have a bowel movement! Your body naturally wants to produce a bowel movement after you eat. Feet should be flat on the ground (small children may need a foot stool). This helps to get the body in the most relaxing position and aid 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.