



SUGGESTED FIBRE



Guidelines for achieving minimal recommended fiber intake in childhood : AHF age plus 5 rule

AGE (Y)	FIBER (G/D)	SUGGESTED DIETARY SOURCES OF FIBAR (G)				TOTAL
2	7	 Whole-wheat bread 1 slice 1.6	 Blueberry Square cereal ½ cup 3.0	 Banana ½ 1.0	 Apple sauce ½ cup 1.8	7.4 g/d
4	9	 Waffle (Nutri-Grain) 1 3.0	 Nectarine 1 2.2	 Rye Krisp crackers ½ oz 2.5	 Sweet potato ½ medium 1.7	9.4 g/d
6	11	 Raisin bran cereal ¾ cup 5.0	 Carrot (raw) 1 medium 2.3	 Peanut butter 1 tbsp 1.0	 Apple 1 medium 3.0	11.3 g/d
8	13	 Apple Raisin Crisp cereal ¾ cup 3.0	 Almonds, dry roaste 1.5 oz 4.5	 Corn ½ cup 3.0	 Orange 1 medium 2.4	12.9 g/d
10	15	 Blueberries 1 cup 3.3	 Peas ½ cup 3.0	 Fruitful Bran cereal 1 cup 6.7	 Popcorn, popped 2 cups 2.0	15.0 g/d
12	17	 Almonds, dry roasted 2 oz 6.7	 Apricots, dried 10 halves 3.2	 Raisin bran cereal 1 cup 6.2	 Broccoli 0.5 cup 2.0	18.1 g/d
14	19	 Frosted Mini Wheat cereal ¾ cup 3.0	 Pear 1 medium 4.3	 Branola bread 2 slice 5.8	 Refried beans 4 oz 6.0	19.1 g/d
16	21	 Baked beans 1 cup 12.7	 Blackberries ½ cup 3.3	 Muesilix cereal 2.3 cup 3.0	 Peanut butter 2 tbsp 2.0	21.0 g/d
18	23	 Peanuts, dry roasted 2 oz 4.4	 Kiwi 1 medium 2.6	 All Bran cereal ¾ cup 9.0	 Chili w/beans 1 cup 7.0	23.0 g/d
20	25	 All Bran with extra fiber ½ cup 14.0	 Baked potato 1 medium 2.3	 Trail mix* 6.0	 Strawberries 1 cup 3.9	26.2 g/d

*Trail mix consists of ¼ cup of raisins (2.7 g), 1 oz of peanuts (2.2 g), and two dates (1.0 g).