



Foods High in Fiber

Whole grain breads and cereals, vegetables and fruits are especially good sources of fiber. Here are a few examples:

Whole Grain Products

- Whole grain breads
- Whole grain crackers
- Popcorn

Hot & Cold Breakfast Cereals

- 100% bran cereal
- Shredded wheat cereal
- Oatmeal

Cooked Grains

- Brown rice
- Barley



Cooked Vegetables

- Carrots
- Peas
- Broccoli
- Cooked spinach or other greens
- Summer and winter squash
- Sweet potatoes



Children under age 4 can choke more easily on foods such as popcorn, nuts, dried fruit, and raw vegetables. Cut foods into small pieces and stay close by.

Fruits

- Pears
- Dried fruits
- Apples
- Berries
- Bananas



Beans and Nut Products

- Pinto, black, and kidney beans
- Dried peas (split peas)
- Lentils
- Peanut butter

High Fiber Menu Suggestions for Toddlers and Children

Menus	Day 1	Day 2
Breakfast	<ul style="list-style-type: none"> • Scrambled egg • Bran muffin • Prune juice • Milk 	<ul style="list-style-type: none"> • Oatmeal with raisins • Berries • Milk
Snack	<ul style="list-style-type: none"> • Pear with skin • Water 	<ul style="list-style-type: none"> • Whole grain toast strips with peanut butter • Orange juice
Lunch	<ul style="list-style-type: none"> • Lentil soup • Tuna sandwich on whole wheat bread • Milk 	<ul style="list-style-type: none"> • Vegetable beef soup • Cheese quesadilla with corn tortilla • Milk
Snack	<ul style="list-style-type: none"> • Whole grain crackers with peanut butter • Water 	<ul style="list-style-type: none"> • Fresh fruits • Water
Dinner	<ul style="list-style-type: none"> • Tacos with beef and beans • Cooked carrots • Fresh fruit salad • Milk 	<ul style="list-style-type: none"> • Baked chicken • Peas • Brown rice • Milk



Is Your Child Constipated?



More fiber, liquids, and lots of activity can help!



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Constipation

Does your child have hard, dry stools (poops) that are difficult to pass? Your child may have constipation.

Signs of constipation may include:

- Stomach pain or pain while having a bowel movement
- Less than three bowel movements a week
- Dry, hard stools that are difficult to pass

Things to know:

- Always check with your health care professional if the problem persists.
- Laxatives, suppositories, enemas, and mineral oil are not recommended. These can cause health problems for your child.
- If the stool is soft, your child is likely not constipated.

What can cause constipation?

- Not eating enough fiber-rich foods
- Not enough movement or activity
- Holding bowel movements
- Dehydration due to vomiting or fever
- Some medical conditions or medications

In babies:

- Baby formula mixed wrong
- Solid foods started too early, before 6 months

In toddlers and young children:

- Not drinking enough liquids
- Too many processed foods low in fiber



Babies Under 6 Months

During the first month, babies may have a few stools (poopy diapers) a day. After one month, babies have fewer stools each day or even a stool every few days. Babies who drink formula tend to have firmer stools than babies who are breastfed; this is not constipation.

If you think your baby may have constipation:

- Check with your health care professional to be sure your baby is getting enough breastmilk or formula. Be sure you are mixing the formula correctly.
- Put a warm washcloth on your baby's stomach.
- Do not change formulas unless your health care professional tells you to do so.
- Breastfeed more often.
- Give your baby tummy time. It helps your baby's head, neck and upper body muscles develop.



Babies Over 6 Months

Help your baby be more active. Encourage baby to move or crawl on the floor.

If you think your older baby has constipation:

- Give your baby more liquids. Twice a day, you can offer 4 ounces of plain water or 2 ounces of prune, pear or apple juice mixed with 2 ounces of water.
- Give your baby more foods with fiber, like soft fruits and soft cooked vegetables.
- Soften one teaspoon of 100% bran cereal with breastmilk or formula and add this to your baby's food.



Toddlers and Young Children

- Offer your child a variety of foods high in fiber. Whole grain breads and cereals, vegetables, and fresh fruit are especially good.
- Be sure your child gets to play actively every day!
- Give your child plenty of liquids, especially water, every day.
- Encourage your child to use the bathroom often and regularly.
- Set aside a quiet time for using the toilet.
- Limit milk to 2 cups (16 ounces) a day.

