

#breakfast
#e-schoolnurse
#GrowingHealthyWestmorlandandFurness



FIBRE

FACTSHEET

This factsheet will provide you with information and links to lots of websites containing hints and tips about the importance of increasing fibre in your child's diet.

WHAT IS FIBRE?

Fibre is a nutrient found in all plants. Unlike many other nutrients found in foods, fibre is not digested by the body but instead, aids digestion as it moves through the body. Fibre is very important, as it helps clean out the digestive system and helps make stools (poo) soft and bulky. This keeps bowels healthy and prevents constipation.

HOW MUCH FIBRE SHOULD WE EAT EACH DAY?

Child aged 5-11 years - 20 g per day

Child aged 11-16 years - 25g per day

Adults - 30g a day.

Tip 1: Change to wholegrain cereals such as Weetabix, Shreddies, Fruit & Fibre, Bran Flakes, Porridge, Muesli or Cheerios. You can gradually change over by mixing a small amount of these cereals into your child's favourite cereals, and then gradually increase the wholegrain cereals. Cereals make a great snack at suppertime but remember to stick to low sugar varieties as high sugar content could lead to tooth decay.

1/3-cup bran cereal = 9.1g fibre.

Tip 2: Choose breads such as wholemeal, Hi-Bran, Mighty White, wholemeal rolls, wholemeal pitta bread. Toasting wholemeal can make it more appealing. Disguise bread with beans or spaghetti on top or make sandwiches with one wholemeal and one white slice. A slice of whole-wheat bread contains 1.9g of fibre so if you serve a sandwich with two slices, your child will consume close to 4g of their daily intake.

Tip 3: Try brown rice and wholemeal pasta, such as lasagne or pasta shapes. Use a mixture of brown rice and white rice or mix some wholemeal pasta with the white. A 1/2-cup serving of cooked whole-wheat pasta contains about 2g of fibre. Brown rice is tasty but remember it will take slightly longer to cook!

Tip 4: Fruits and vegetables are very important in all healthy diets. There are no fruits and vegetables that should not be eaten, but high-fibre choices are better. With 4 g of fibre per half-cup serving, raspberries are a great choice. A 1/2 cup of blueberries delivers 1.8g and a 1/2 cup of strawberries supplies 1.5g of fibre. A small apple with the skin has 3.6g of fibre and is sweet enough that most children will readily eat it up. Serve apple slices with 2 tablespoons of peanut butter and you'll add another 1.6g.

Tip 5: Add more vegetables to your child's diet and keep them raw or lightly cooked to keep their goodness. Add to soups and stews and keep the skins on baked or boiled potatoes. Many children prefer vegetables when they are crunchy. Serve your child's favourites -- carrots, celery, cauliflower and broccoli -- alongside salsa, hummus or low-fat salad dressing. A Sweet potato with skin supplies 3.8g of fibre. It's also a great source of vitamins A and C.

Tip 6: Pulses are another great source of fibre. Try to accompany meals with green peas (fresh, frozen or canned), baked beans or kidney beans. Vegetable and lentil soups are easy meals and very nutritious and low fat. Add butter beans and lentils to soups or mince to make a fibre filled Bolognese, shepherd's pie or chilli. A 1/2-cup serving of cooked green peas adds 4.4g of fibre to your child's meal.

Tip 7: High fibre biscuits can be a good alternative to pudding at the end of a meal or a quick and easy snack. Choose high fibre options such as Digestives, Hobnobs, bran biscuits, oatcakes, wholegrain crackers, wholegrain crisp breads, muesli bars.

Tip 8: Nuts and seeds that are high in fibre include pumpkin seeds, dried coconut, flax seeds, almonds, pine nuts and pistachios. You can mix flax seed and coconut flakes into smoothies to increase your child's fibre intake, and they may not even notice!

Tip 9: Remember, when increasing your child's fibre intake you need to make sure they are drinking plenty of water around 6-8 glasses per day and to be active for 60 minutes a day

VISIT THESE USEFUL WEBSITES

Children's Health Services 0 -19 - Healthy Lifestyles

NHS Healthier Families

NHS - How to get more diet into your diet

British Dietetic Assoc. - Fibre

If you would like any help or support to improve with your child please book an appointment in our E-School Nurse video clinic.

Telephone: 0300 304 9039

Visit our website: [Growing Healthy 0-19 Westmorland & Furness](https://www.growinghealthy.co.uk/)

Find us on Facebook and Instagram: Growing Healthy Westmorland and Furness 0-19

You can also find more information about our service, your child's development and local services by downloading our App.