Fiber is the part of plant foods that the body cannot digest. Eating more fiber can help your child prevent constipation, diabetes and heart disease. Foods that contain a lot of fiber are filling, have lots of vitamins and minerals, and help children maintain healthy weight.

Fiber should be added very gradually to give the body time to adjust. Drinking plenty of fluids helps fiber do its work.

HOW MUCH FIBER IS ENOUGH?
You can find out how much fiber is in food by looking for the “dietary fiber” line of food labels.

Women should aim for 25 grams while men should target 38 grams of fiber a day.