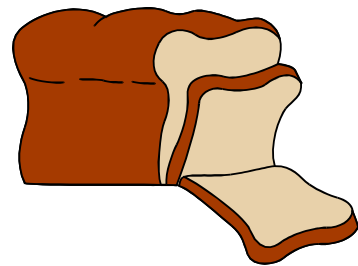


Tips on Increasing Fibre and Fluid in your Diet

A high fibre and fluid diet is a healthy diet and is suitable for all the family. You should encourage a regular meal pattern and increase the whole family's fibre and fluid intake at every meal. By doing this you will increase the water content of stools making them softer and easier to pass.

How to calculate how much fibre your child should be eating: Age + 5 grams per day in children older than 2 years. e.g. If your child is 7 years old, the calculation would be $7 + 5 = 12$ grams per day. Remember, fibre portions should be increased gradually.



Increasing Fibre

Try to include some of the following fibre containing foods at each meal / snack time: -

- Breakfast cereals such as Weetabix, Fruit n' Fibre, Shreddies, Bran Flakes and Porridge Oats.
- Wholemeal bread and products made with wholemeal flour - scones, muffins, cakes and pastries.
- Wholemeal pasta and brown rice.

- High fibre biscuits such as digestive, flapjacks, oatcakes, hob nobs and fig rolls. Cereal and muesli bars are good snack choices.
- Fruit and vegetables.
- Pulses e.g. baked beans, kidney beans, chickpeas, and lentils. These can often be added to a meal or added into stews and casseroles.
- Jacket potatoes with the skin left on.
- High fibre bread such as 'Mighty White'

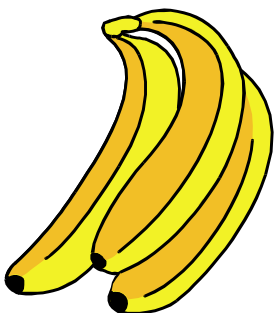


Increasing Fluids

It is also important to ensure that children have an adequate fluid intake. Additional fluids may be needed during exercise or if the weather is hot.

- Encourage plenty of non-fizzy drinks for example, water, squash, and fruit juice. Aim for 6-8 glasses of fluid each day. Give after a meal or snack rather than before so they don't reduce a child's appetite.
- Avoid excessive milk consumption as children can fill up easily with milk resulting in a poor dietary intake.
- For children who find it difficult to increase the amount they drink, try to include foods that contain a high fluid level e.g. gravy, sauces, soups, custard, jelly, ice lollies, fruit, vegetables and salad.

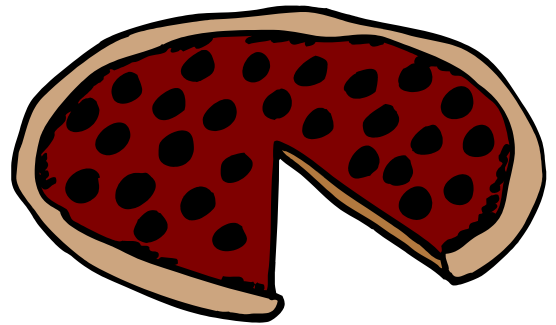
Breakfast ideas



- ◆ Branflakes sprinkled with raisins with milk
- ◆ Weetabix with a chopped banana and milk
- ◆ Cereal bar and banana
- ◆ Wholemeal toast with margarine and marmalade

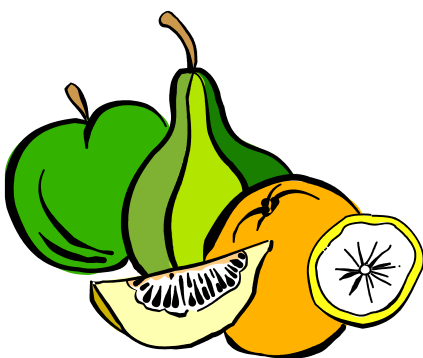
Lunch ideas

- Wholemeal roll / bread with tuna and sweetcorn or egg and salad, yoghurt or fromage frais and an apple
- Wholemeal pitta bread with ham or turkey and tomato, museli bar / slice of fruit cake or wholemeal muffin and small bunch grapes or tangerine
- Baked beans on toast
- Vegetable pizza and salad
- Lentil soup with wholemeal bread / roll



Main meal ideas

- Fish fingers, mashed potatoes and peas
- Bean casserole with wholemeal pitta bread
- Jacket potato and beans
- Chilli con carne with brown rice
- Spaghetti bolognaise with wholemeal pasta
- Stir fry chicken and vegetables with rice / noodles
- Meat casserole with vegetables and jacket potato
- Sausage casserole with mashed potato and beans
- Fish chips and bean / peas



Snack ideas

- Fresh fruit / dried fruit
- Digestive biscuits / hob nobs / fig roll
- Wholemeal scone
- Flapjack
- Fruit cake / malt loaf

Other ideas and tips:

