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# Fiber: How much is enough?

## Clearing Up Confusion About Fiber

While 88% of Moms know that fiber is important in a child's diet, 54% do not know how many grams of fiber their child should be consuming each day<sup>1</sup>.

The American Academy of Pediatrics advises that parents use the following guidelines to determine the amount of fiber needed<sup>2</sup>:

### New AAP guidelines

#### AGE / GENDER FIBER (GRAMS)

2-3 years . . . . .	19
4-8 years . . . . .	25
9-11 years	
Female . . . . .	26
Male . . . . .	31

### Many kids are not consuming enough fiber

For many years, the American Academy of Pediatrics recommended using the "age plus five rule" to determine the amount of fiber needed in children. Although easy to remember, this rule is a lower recommendation than the current standard. A 1998 study revealed that less than half of all children in the study met even the "Age Plus Five Rule"<sup>3</sup>:

Ages: 4-6 . . . . .	45%
Ages: 7-10 . . . . .	32%

1. Fleet Proprietary Research  
 2. Adapted from: Kleinman RE, editor. Carbohydrate and dietary fiber: current dietary recommendations. *Pediatric Nutrition Handbook*. 6th ed. Elk Grove Village (IL): American Academy of Pediatrics; 2009; 353.  
 3. Hampl JS, Betts NM, Benes BA: The 'age + 5 rule': Comparisons of dietary fiber intake among 4-to-10-year-old children. *J Am Diet Assoc* 1998;98:1418-1423.