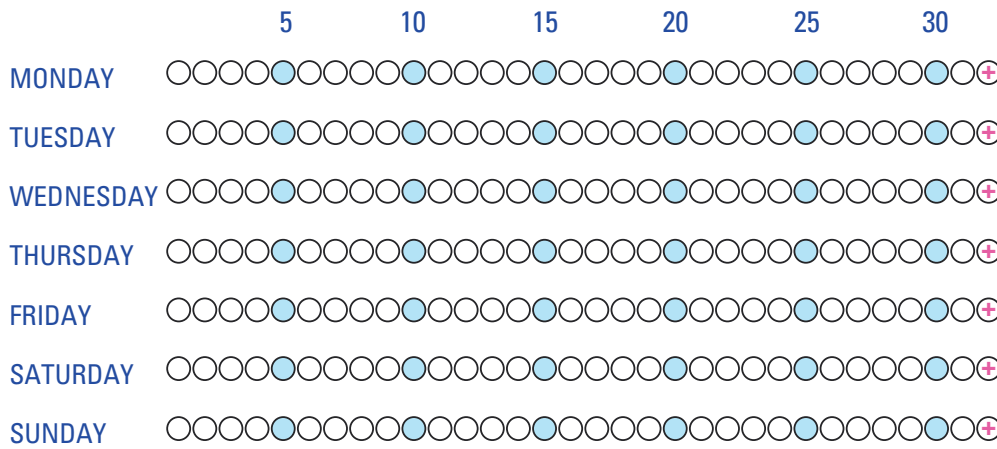


One of the easiest ways to reduce the likelihood of your child becoming constipated is to make sure he or she is getting plenty of fiber through their diet. Knowing what finicky eaters kids are, we understand it's not as easy as it sounds. This chart can help you keep track of how many grams of fiber your child is getting during the week.

How to Use this Chart

- 1 Refer to the **Fiber Rich Foods** list for fiber levels in common foods.
- 2 Fill in the circles for each gram of fiber that your child eats per day.
- 3 Refer to the **Recommended Fiber Level** to see how close you are to the daily fiber goal.
- 4 Remember that fiber is just a part of the solution for keeping kids regular. It is important to drink plenty of liquids, eat a balanced diet and exercise.



Recommended Fiber Level

The table below provides an estimation of the amount of fiber children should consume each day. These are the current dietary recommendations published by the American Academy of Pediatrics.*

Age/Gender	Fiber (grams)
2-3 years	19
4-8 years	25
9-11 years	
Female	26
Male	31

Fiber Rich Foods**

* Adapted from: Kleinman RE, editor. Carbohydrate and dietary fiber: current dietary recommendations. In: Pediatric Nutrition Handbook 6th ed. Elk Grove Village (IL): American Academy of Pediatrics; 2009. p. 353.

Fruits	Fiber (grams)	Vegetables	Fiber (grams)	Beans, Nuts & Seeds	Fiber (grams)
Apple, with skin (medium)	4	Broccoli (1 stalk)	5	Almonds (half cup)	4
Banana (1)	3	Carrots, cooked (1 cup)	5	Baked beans w/tomato sauce (1 cup)	19
Blueberries (1 cup)	4	Celery (diced stalk)	4	Peanuts (1 cup)	12
Dates, chopped (1 cup)	14	Corn, canned (1 cup)	5		
Grapes (10)	3	Peas, cooked (1 cup)	7	Grains, Cereal & Pasta	Fiber (grams)
Orange (1 medium)	3	Potato, boiled, with skin	2	Bran muffin	6
Peach (with skin)	2	Spinach, uncooked, chopped (1 cup)	8	Oatmeal (1 cup)	5
Pear (with skin)	5	String beans, green (1 cup)	3	Whole wheat bread (1 slice)	2
Prunes (11, dried)	12	Zucchini, cooked, diced (1 cup)	4		
Raisins (1 packet)	2				
Raspberries (1 cup)	6				
Strawberries (1 cup)	3				

**Fiber amounts (grams) are rounded for easier calculation of daily recommended fiber needs.

A daily fiber supplement made just for kids.



- Great tasting, all natural fruit flavors
- No artificial colors or flavors
- SUGAR-FREE
- CALORIE-FREE
- GLUTEN-FREE
- Dentist approved
- 1.5 grams of fiber per gummy (recommended daily serving = 3 Gummies)

THE FIBER IN 3 GUMMIES

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21 Spears of Asparagus or 2 Boiled Potatoes (with skin) or 1 Cup Corn