

FIBRE FOR TODDLERS

Fibre is an important part of your toddler's diet. Dietary fibre is the part of plant foods which is not broken down or digested by our bodies.

3 TYPES OF FIBRE:

SOLUBLE

- Dissolves in water
- Creates a soft gel as it moves through the digestive system
- Reduces constipation

INSOLUBLE

- Doesn't dissolve in water
- Adds bulk to stool
- Keeps things moving through the digestive tract

RESISTANT STARCH

- Feeds the good gut bacteria
- Supports good gut health

SOLUBLE FIBRE



Oats & oatbran



Brown rice



Psyllium husk



Chia seeds



Kidney & black beans

INSOLUBLE FIBRE



Barley



Skins of fruit & veg



Wholegrain cereals



Pears



Avocado

RESISTANT STARCH



Cooked & cooled potato



Cooked & cooled rice



Al dente pasta



Sushi rice



Under-ripe banana

Why is fibre important?

Dietary fibre is important for regular bowel motions. A lack of fibre in the diet can cause constipation and discomfort in toddlers. Soluble fibre and resistant starch act as prebiotics. They are used by the good bacteria in our gut to improve gut health and immune function. Fibre also plays a long-term role in preventing and reducing risks of chronic diseases and some cancers. So it's good to get your toddler enjoying high fibre foods early on!

When including fibre in your toddler's diet, be mindful that:

- Your toddler is drinking enough water during the day. Eating high fibre foods without getting enough fluids can make constipation worse.
- If you feel your toddler isn't getting enough fibre, increase their fibre intake slowly. This reduces symptoms like cramps, bloating, flatulence and/or stool changes.
- Fibre can be filling. If you are worried about your child's intake, it's best to discuss this with your doctor and dietitian to see if this is diet related.

1-3 YEARS:

Fibre target: 14g/day
Fluid target: 1 litre/day

EVERYDAY FIBRE SOURCES



Fruit



Vegetables



Nuts & seeds
(e.g. ground nuts)

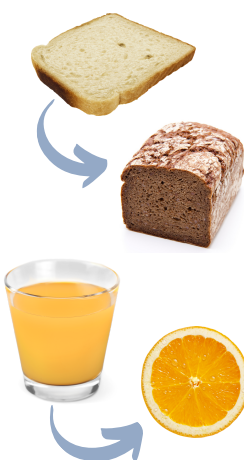


Legumes
(cooked)



Wholegrains

Tips to increase your toddler's fibre:



- Use wholegrain and wholemeal breads, crackers, pasta, rice, cereals and oats
- Use nut butters, avocado or hummus on sandwiches and wraps
- Add green leafy vegetables, oats or fruit to smoothies
- Try some high-fibre grains like brown rice, quinoa, barley or buckwheat
- Add legumes to meals. Try this in stir fries, spaghetti bolognese, or soups
- Serve fruit & vegetables with main meals
- Reheat leftover pasta, rice or potato to increase resistant starch
- Try making bliss balls with ground nuts and seeds
- Leave the skin on fruits & vegetables if possible
- Use whole fruits and vegetables over juice, as the juice removes the fibre
- Replace white flour with wholemeal flour in baking
- Eat breakfast everyday - choose high fibre cereals and breads