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High Fibre Dietary Information Pack



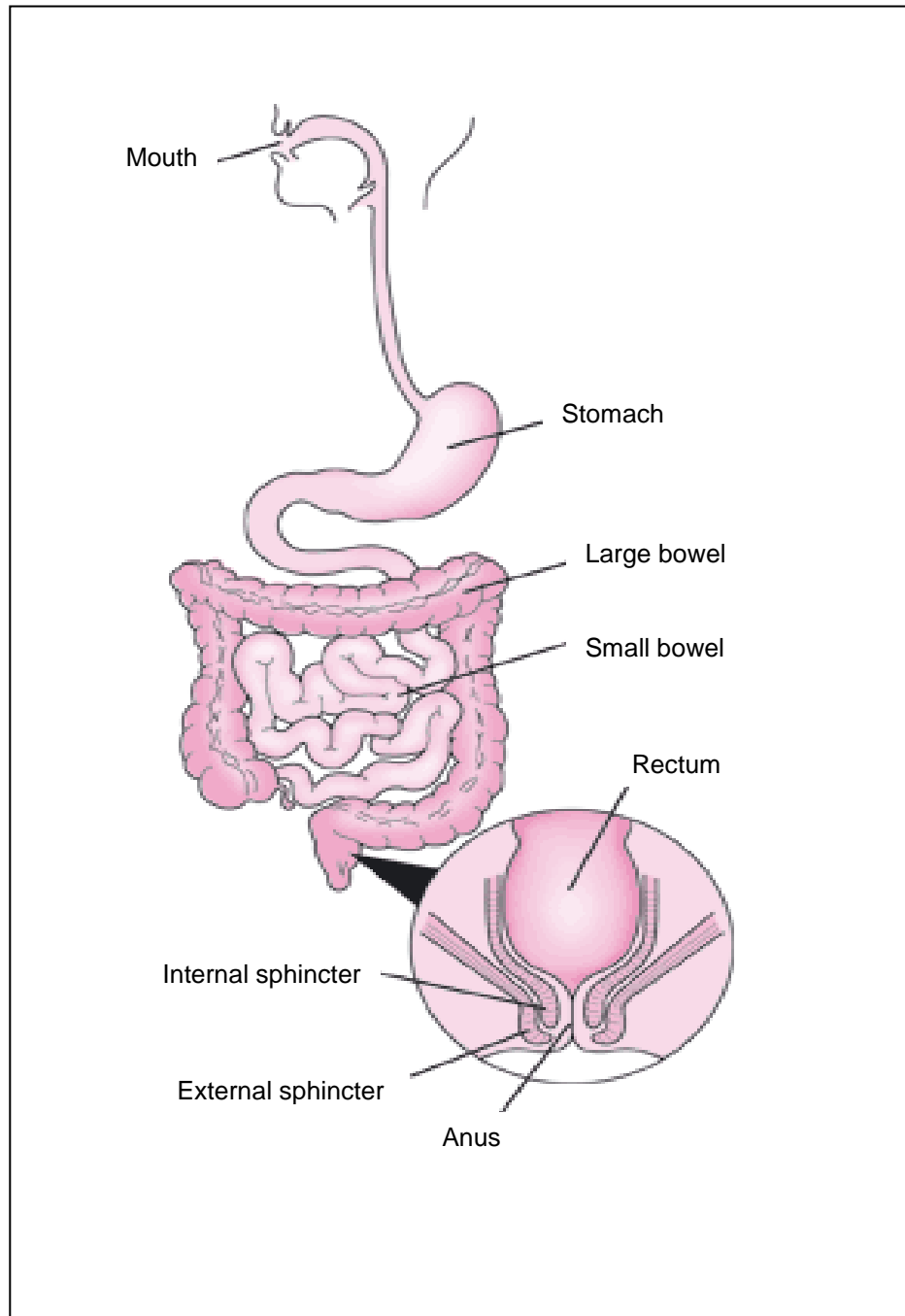
Name:

Paediatric Dietitian:

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Date:

The Digestive System



What is constipation?

Constipation occurs when your child does not have a bowel movement (pass a stool) often enough. Then, when they do a poo it can hurt because the stools have become hard and dry. However there are some children who appear to be doing a poo every day, but they are not emptying their bowel properly and only passing small amounts of stools. These children can also be suffering constipation.

How constipation develops

The cause of constipation may differ from child to child and there may be a combination of factors contributing to the problem. Constipation can happen suddenly (for example after a child has been unwell and not eaten or drunk properly for a few days) or it can happen slowly without anyone being aware that it is happening.

For some children just one painful experience of pushing out hard, dry stools can cause them to become afraid of doing a poo again.

This can get your child into the habit of avoiding going to the toilet in case it hurts. This is not the child's fault.

They start to hold in stools by tightening the muscles around the anus to keep it closed and put off the urge to poo.

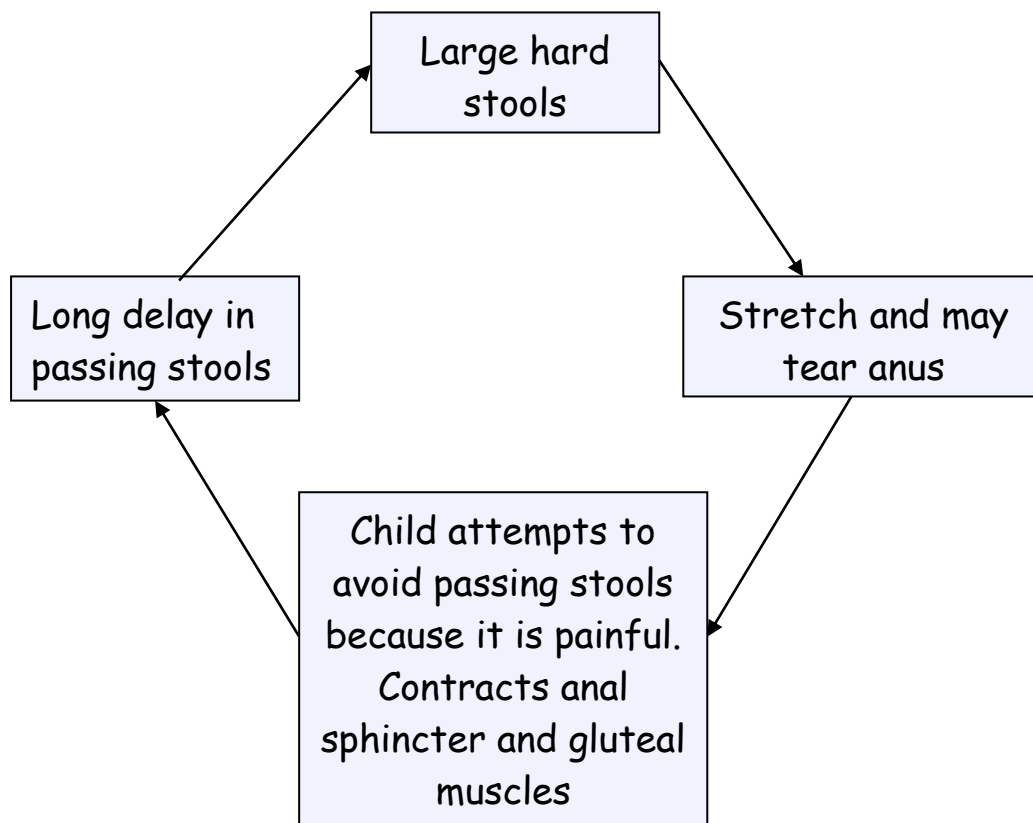
This only makes the problem worse because:

- The stool starts to build up in the child's bowel
- The stools become hard and more difficult and painful to push out
- Your child may then put off the urge to go to the toilet for even longer

The build up of stools in the rectum causes the rectum to stretch making it harder for the child to feel the urge to poo.

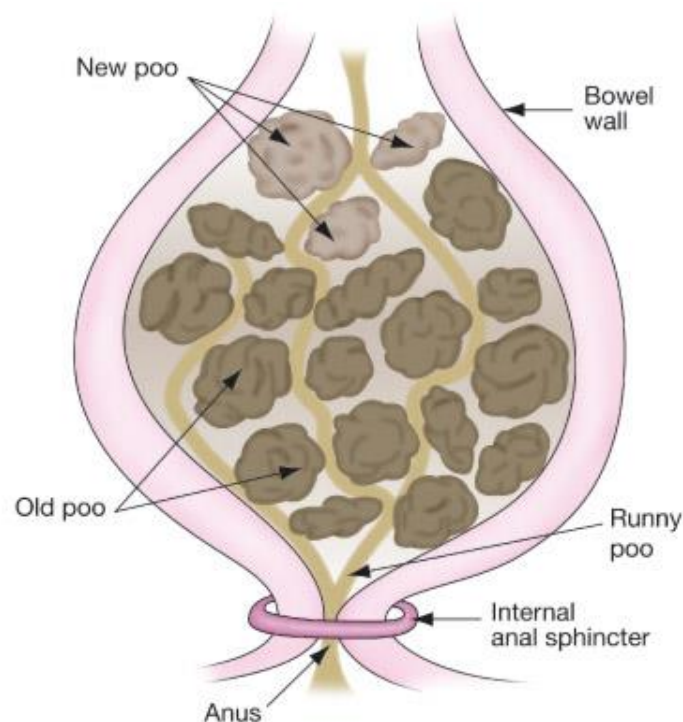
The child may need to strain and find it hard to relax enough to do a poo making the constipation worse.

Large stools get stuck and block the child's bowel. Liquid stools above the blockage flow around it and the child may leak watery stools into their underwear.



What happens to the rectum when you have constipation?

- The last part of the bowel (rectum) becomes full of poo
- It becomes so used to being full that it does not send strong enough signals to the brain that you need to go to the toilet
- New poo joins from the top all the time and the rectum gets fuller and fuller
- Some of the new poo will be runny and can leak out and stain your pants
- The rectum gets so full that it pushes open and a big quantity of poo can come out in a rush
- Some of the old poo can be left behind and the whole cycle starts again



Preventing and Treating Constipation

Don't let your child wait to do a poo.

Give your child enough time so they don't feel rushed. Set aside a time each day for your child to sit on the toilet - perhaps after breakfast or lunch.

Make going to the toilet fun by keeping special treats reserved for the toilet, such as a favourite book or getting them to blow bubbles.

If your child says that it hurts to poo, tell them to stop trying and then try again later.

Encourage your child to get lots of active play to increase bowel activity.

Dietary fibre is important to prevent constipation. Fibre is not digested or absorbed by the body. It absorbs water in the large intestine and makes poo softer and easier to pass.

✚ Increase dietary fibre

✚ Increase fluid intake

✚ Take your medication

Tips on increasing fluid and fibre in your diet

A diet which contains adequate amounts of fibre and fluid diet is healthy and 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.

How much fibre should your child eat each day? (BDA, 2016)

Age Group	Amount of recommended fibre (grams per day)
Children (2-5 years)	15g
Children (5-11 years)	20g
Children (11-16 years)	25g
Adolescents (16-18 years)	30g
Adults	30g

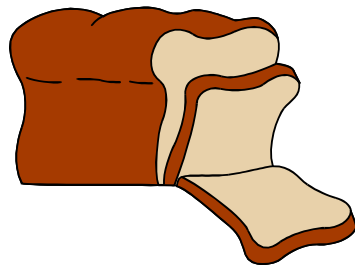
- Remember, fibre portions should be increased gradually.

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, Shredded wheat, 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, oat-based biscuits 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



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.



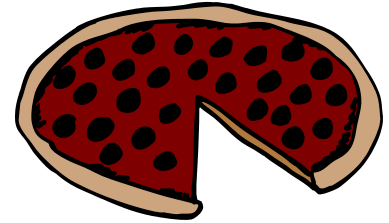
Breakfast ideas

- ◆ Branflakes sprinkled with raisins and seeds 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

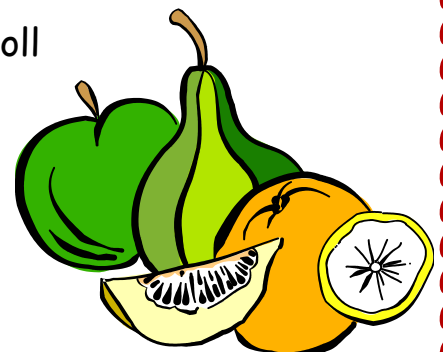


Main meal ideas

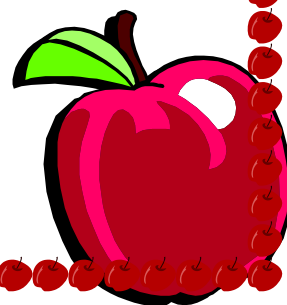
- Fish fingers, mashed potatoes and peas
- Bean casserole with wholemeal pitta bread
- Jacket potato and beans
- Chilli con carne with brown rice
- Spaghetti bolognaise with wholemeal pasta
- Stir fry chicken and vegetables with rice / noodles
- Meat casserole with vegetables and jacket potato
- Sausage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

Snack ideas

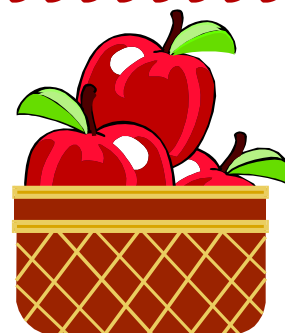
- Fresh fruit / dried fruit
- Digestive biscuits / oat-based biscuit/ fig roll
- Wholemeal scone
- Flapjack
- Fruit cake / malt loaf



Other ideas and tips:



Fibre Content of Everyday Foods



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.

Fibre recommendations for children: (BDA, 2016)

Age Group	Amount of recommended fibre (grams per day)
Children (2-5 years)	15g
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Adults	30g

Portion Size	Fibre Content (grams)	Food
BREAD		
1 small slice	1.0	White bread
1 small slice	1.4	50:50 bread
1 thin slice	2.0-2.5	Wholemeal
1 thin slice	2.0	Granary
	2.3-3.0	Seeded bread
36g slice	2.5	Brown wholemeal bread
30g slice	2.0-3.5	Gluten Free bread (brown)
1 mini (20g)	2.0	Wholemeal pitta bread
50g	3.0	Wholemeal bap
65	4.0	Wholemeal tortilla
BREAKFAST CEREALS (average small bowl = 30g)*		
Average small bowl*	1.2	Gluten Free cornflakes
Average small bowl*	0.9	Cornflakes
Average small bowl*	8.3	All-bran
Average small bowl*	3.0	Bran Buds

Average small bowl*	3.8	Shredded wheat bitesize
Average small bowl*	3.9	Bran Flakes
Average small bowl*	3.1	Sultana Bran
Average small bowl*	2.7	Fruit 'n Fibre
Average small bowl*	2.7	Raisin wheats
Average small bowl*	3.3	Raisin bites
Average small bowl*	0.9	Corn Flakes
Average small bowl*	2.1	No added sugar Muesli
1 biscuit	1.9	Weetabix
2 tablespoons	2.0	Porridge made with semi-skimmed milk
2 tablespoons	2.3	Gluten Free porridge made with semi-skimmed milk
Portion Size	Fibre Content (grams)	Food
BISCUITS & PASTRY		
1	0.4	Cracker - wholemeal
1	1.0	Digestive (plain)
1	0.2	Gingernuts
1	1.0	Oatcakes
50g	3.0	Flapjack
1	0.6	Shortbread
1	0.9	Oat based biscuit
1	0.8	Gluten Free Oat based biscuit
Average size (1)	2.6	Wholemeal scone
60g	2.0	Fruit cake
Per slice	0.4	Go Ahead! Yogurt breaks
1	1.3	Nutrigrain bars
Per slice	0.8	Belvita milk & cereal bars
1	1.1	Nutrigrain breakfast bake (raisin)
Per slice	1.2	Nature valley (oat & honey)
1	0.1	Rice Krispies milk cereal bar
1	1.5	Cadbury brunch bars
FRUIT (raw)		
1 small	1.0	Eating apples
$\frac{1}{2}$ pear	2.6	Avocado pear

1 medium (63g)	1.0	Banana
40g (approx 6 berries)	2.0	Blackberries
4	2.0	Dates - dried
Small bowl (80g)	1.0	Fruit cocktail (canned in juice)
$\frac{1}{2}$	1.0	Grapefruit
10	0.6	Grapes
1 medium	1	Kiwi fruit
80g	3.0	Mango
80g	1	Melon (honeydew)
1 small	2.0	Orange
1 medium	3.0	Peach (raw)
1 medium	3.0	Pear
1 large slice	1.0	Pineapple
1 small	1.0	Plum
2 (30g)	3.0	Prunes (dried)
3 tablespoons	1.0	Raisins
10 (40g)	1.0	Raspberries (fresh)
1 small	0.6	Tangerine
1 medium (85g)	1.0	Satsuma
5 (80g)	3.0	Strawberries
3 tablespoons	1.0	Sultanas
Portion Size	Fibre Content (grams)	Food

NUTS

Nuts & Seeds should not be given to children under 5 years due to the risk of choking

10g (10 almonds)	1.0	Almonds
10g (3 brazil nuts)	1.0	Brazils
10g, 1tbsp	1.0	Peanuts
1tbsp	1.0	Peanut butter (crunchy/smooth)

SEEDS

1 tbsp	3.0	Linseeds/Flaxseeds
1 tbsp	1.0	Pumpkin seeds
1 tbsp	1.0	Sunflower seeds

RICE AND PASTA *(COOKED WEIGHTS)





















































































1 heaped tablespoon	0.7	White rice
1 heaped tablespoon	0.7	Brown boiled rice





















































































1 $\frac{1}{2}$ heaped tablespoons	1.0	Cous-cous
85g*	3.0	Quinoa
35g	1.0	White spaghetti
35g	3.5	Wholemeal spaghetti
35g	0.8	Gluten Free spaghetti
35g	0.8-1.0	Gluten Free pasta
58g*	2.0	Egg noodles
VEGETABLES		
80g (1 large size)	2.0	Carrots
4 slices	0.8	Beetroot
40g	1.0	Turnip (boiled)
Small- medium sized (95g)	2.0	Potatoes - baked with skin
2 average size (65g)	1.0	New potatoes (boiled)
33g (approx. 7 chips)	1.0	Oven chips
2 tablespoons	1.7	Spinach
3 heads	2.0	Broccoli tops (boiled)
40g	1.0	Cabbage
4 florets	2.0	Cauliflower (boiled)
1 stick (40g)	1.0	Celery (raw)
Stem, white portion only	1.1	Leeks
1 $\frac{1}{2}$ tablespoons	2.0	Peas
1 tablespoon	4.0	Broad beans (boiled)
1 heaped tablespoon	2.0	Butter beans
1 heaped tablespoon	3.0	Red kidney beans (tinned)
1 heaped tablespoon	2.0	Chickpeas (tinned)
2 tablespoons	4.0	Baked beans
2 tablespoons	1.5	Lentils - split (boiled)
85g (1/2 large)	3.0	Corn-on-the-cob
2 tablespoons	1.0	Sweetcorn (tinned)
4 (80g)	1.0	Cherry Tomatoes - raw
40g	1.0	Mixed peppers
35g (1/4)	2.0	Avocado
12 pieces (40g)	2.0	Green beans





















































































Fluid Intake Advice and Record Card





















































































You have been advised to increase your child's intake of fluids. Not drinking enough can make stools (poo) hard, by increasing the number of drinks per day it helps to keep the stool (poo) soft and therefore easier to pass. Aim to get your child to drink 6 - 8 glasses of fluid each day (approx. 2 pints or 1 litre). Suitable fluids include water, squash, and fruit juices.





















































































Get your child to colour in a glass for every drink they have during the day:

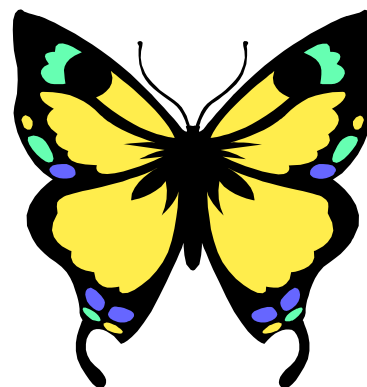
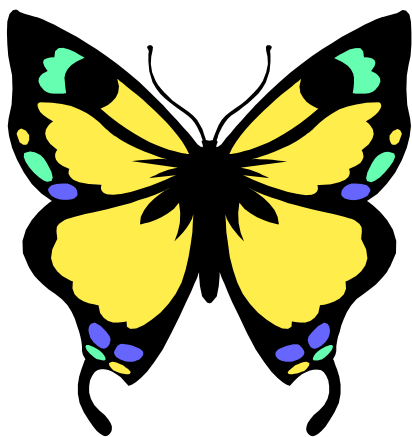
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Week 2	
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Week 3	
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Week 4	
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Week 5	
Monday	           
Tuesday	           
Wednesday	           
Thursday	           
Friday	           
Saturday	           
Sunday	           



I can do it!

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
toilet after breakfast							
toilet after lunch							
toilet after dinner							
how many drinks							
fruit / vegetables							
fibre							
medicine							

Updated December 2016