



HIGH-FIBER FOODS

THAT KIDS (AND ADULTS) ACTUALLY LIKE



Unless otherwise directed by a healthcare professional, women should eat at least 21–25 grams of fiber per day and men should eat at least 30–38 grams of fiber per day. At minimum, children should eat the equivalent of age plus 5 grams per day (e.g., a 2-year-old should eat at least 7 grams per day, a 5-year-old should eat at least 10 grams per day).

Fruits & veggies

- ⇒ Apple, with skin (4 grams per medium apple)
- ⇒ Applesauce (2 grams per cup)
- ⇒ Avocado (10 grams per cup)
- ⇒ Banana (3 grams per banana)
- ⇒ Blueberries (4 grams per cup)
- ⇒ Broccoli, cooked (5 grams per cup)
- ⇒ Carrot, raw (2.3 grams per medium carrot)
- ⇒ Corn, cooked (3.5 grams per cup)
- ⇒ Orange (3 grams per medium orange)
- ⇒ Peach, with skin (2 grams per medium peach)
- ⇒ Pear, with skin (5 grams per medium pear)
- ⇒ Potato, baked, without skin (2.3 grams per medium potato)
- ⇒ Raisins (3.5 grams per 6 tablespoons)
- ⇒ Raspberries (8 grams per cup)
- ⇒ Strawberries (3 grams per cup)
- ⇒ Sweet potato, baked, without skin (3.5 grams per medium potato)
- ⇒ Winter squash, cooked (6 grams per cup)

Grains

- ⇒ Brown rice, cooked (3.5 grams per cup)
- ⇒ Cornbread (2 grams per piece)
- ⇒ Oatmeal, instant, cooked (5 grams per cup)
- ⇒ Popcorn, air-popped (3.5 grams per 3 cups)
- ⇒ Quinoa, cooked (5 grams per cup)
- ⇒ Whole-wheat bread (2 grams per slice)
- ⇒ Whole-wheat crackers (1 gram per 3 crackers)
- ⇒ Whole-wheat pasta, cooked (6 grams per cup)

Legumes, nuts, & seeds

- ⇒ Almonds (3.5 grams per ounce)
- ⇒ Baked beans, canned (10 grams per cup)
- ⇒ Black beans, boiled (15 grams per cup)
- ⇒ Coconut, shredded (3 grams per 3 tablespoons)
- ⇒ Dark chocolate (3.1 grams per ounce)
- ⇒ Olives (3 grams per 15 olives)
- ⇒ Peanut butter (3 grams per 3 ounces)
- ⇒ Pecans (2.5 grams per ounce)
- ⇒ Pinto beans, boiled (15 grams per cup)
- ⇒ Pistachios (3 grams per ounce)
- ⇒ Sunflower seeds (3 grams per ounce)

Combinations

- ⇒ Bean burritos
- ⇒ Fruit and vegetable smoothies (especially when prepared with flax seeds or chia seeds)
- ⇒ Fruit and nut trail mixes
- ⇒ Peanut butter and jelly sandwiches (especially when prepared on whole-grain bread)
- ⇒ Pizzas topped with veggies (especially when prepared on whole-grain or cauliflower crusts)
- ⇒ Oatmeal raisin cookies
- ⇒ Oatmeal topped with fruit and nuts
- ⇒ Tortilla chips with guacamole
- ⇒ Veggie-rich soups
- ⇒ Veggie-rich spaghetti sauces (especially when served over whole-grain or other high-fiber pastas)
- ⇒ Veggie sticks dipped in hummus
- ⇒ Whole-grain bread topped with peanut butter or mashed avocado
- ⇒ Whole-grain granola bars and high-fiber energy bars

Sources: AAP (<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Kids-Need-Fiber-Heres-Why-and-How.aspx>), Chemistry Central Journal (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3038885/>), Golisano Children's Hospital (<https://www.urmc.rochester.edu/childrens-hospital/nutrition/high-fiber-foods.aspx>), Healthline (<https://www.healthline.com/nutrition/22-high-fiber-foods#section21>), and Mayo Clinic (<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>).