

Dietary advice for constipation in children

Eating more fibre and drinking more fluid will help to make your child's poo softer and easier to pass when going to the toilet.

Breakfast

- ✓ Try to encourage a regular meal pattern including eating breakfast
- ✓ Use high fibre breakfast cereals (e.g. porridge, Weetabix, Shredded Wheat or muesli)
- ✓ Add dried or soft fruit to breakfast cereals (e.g. blueberries, kiwi, bananas)
- ✓ Use wholemeal or 50/50 bread

Snack Time

- ✓ Pieces of fruit e.g. apple, banana and pear or dried fruit e.g. apricots or raisins
- ✓ Cereal bars, flapjack, oat cakes or fig rolls
- ✓ Yoghurt with fruit pieces
- ✓ Wholemeal or 50/50 toast

Main Meals

- ✓ Include vegetables as a side dish or in with the meal; carrots, peas, onions, peppers, okra, sweet corn etc.
- ✓ Wholemeal chapattis, pasta or brown rice
- ✓ Add beans and pulses to meals e.g. jacket potato with baked beans, kidney beans in chili, mixed beans in casseroles or stews
- ✓ Fresh or tinned fruit after main meals

Increasing Fluids (drinks)

- ✓ Encourage 6-8 drinks a day and more in hot weather
- ✓ Encourage your child to drink water
- ✓ Try well diluted pure fruit juices e.g. prune juice, cloudy apple, pear or apricot juice.
- ✓ Sugar free squash/cordial

Fruit and Vegetables

- ✓ Aim for 5 portions of fruit and vegetables a day

Low and High Fibre Foods

	Instead of these low fibre foods...	Try these high fibre foods...
Breakfast Cereals	Cornflakes, Rice Krispies, Special K	Weetabix, Shredded Wheat, Shreddies, Porridge oats, Muesli, Fruit and Fibre
Breads	White, brown or wheatgerm bread, Rolls, Pitta	Wholemeal or granary bread, rolls or pitta. High fibre white bread e.g. Mighty White, Champion, Wholemeal chapattis
Flour	White flour	Wholemeal flour
Pasta and Rice	White pasta and rice	Wholemeal pasta and brown rice
Biscuits and Cake	Rich tea, Nice biscuits, shortcake. Cream crackers, water biscuits, white crispbreads, French toast	Digestive biscuits, Coconut rings, Oat cakes, Fig rolls, cereal bars, flapjack and fruit cake. Ryvita and wholemeal crackers. Wholemeal scones.