

## FACTS ABOUT



# Fiber for Kids

Eating well-balanced, fiber-rich meals may help children develop life-long healthy habits and reduce the risk of developing heart disease and some types of cancer later in life.

How much fiber is enough for the younger set? Nutrition experts recommend that a child's daily intake of fiber should equal "age + 5 grams" to determine fiber needs for kids between the ages of 3 and 18. For example, a 9-year-old child would need about 14 grams of fiber,  $9+5=14$ .

### TIPS

1. Treat kids to the colorful foods they love – make funny-faced sandwiches using pita bread stuffed with their favorite veggies. Use parsley for hair, radishes and black olives for eyes and nose, and a slice of red pepper for the mouth.
2. For an extra crunch kids will eat up, make a crunchy crouton-and-vegetable salad. Top a base of broccoli, cauliflower, carrots, celery and cucumbers with whole grain bread croutons. Wet your kids' appetites for this crunchy creation with their favorite low-fat dressing.
3. Great for tikes on the run, cereal makes a quick take-along snack kids will eat without a fuss. For a "fiberful" sidekick, pack a tasty pear with individually wrapped low-fat string cheese along for the ride. Yummy!
4. Concoct a low-fat, fiber-topped version of the banana split. Take one scoop of frozen yogurt, add one sliced banana and garnish with strawberries and a sprinkle of crushed cereal.