

# Nutrition News And Notes

## Keep Kids Fueled With Fiber

(NAPSA)—No one likes to be hungry—especially children! Since good nutrition is essential to normal growth and development, it's important to feed hungry children food that tastes good, satisfies hunger and avoids adding unnecessary calories to their diet.

“Currently, 15 percent of children in the U.S. ages 6 to 19 are overweight, and another 16 percent are at risk of becoming overweight,” said National Fiber Council (NFC) Board member Christine Williams, MD, MPH. “Fiber-rich foods can play an important role in helping children maintain their weight, manage their health and live healthier lives.”

In addition to aiding in weight management, a high-fiber diet can also help to lower the risk of developing chronic health conditions such as diabetes, heart disease and high cholesterol.

While the National Fiber Council recommends a daily intake of 32 grams of fiber, most children consume less than a quarter of that amount.

“Summer is a great time to add more fiber to your family's diet,” added Williams. “By taking advantage of the fresh fruit and produce available in stores and at farmers' markets, you can help boost your child's fiber intake.”

Here are a few ways to add fiber to your child's diet today:

- **Use whole-grain products when possible.** Stock up on whole-grain breads, rolls, crackers and cereal. Encourage whole-grain crackers topped with peanut butter or low-fat cheese as a snack, rather than cookies. Or consider pouring them a bowl of their favorite cereal topped with fresh fruit and low-fat milk.

### Recommended Daily Fiber Intake for Children

Age	Fiber (grams)
1 - 3	19 g
4 - 8	25 g
9 - 13 (boys)	31 g
9 - 13 (girls)	26 g
14 - 18 (boys)	38 g
14 - 18 (girls)	26 g



- **Add fresh spinach to salads and sandwiches instead of lettuce.** The leafy vegetable adds crunch as well as fiber and vitamins.

- **Beef up the standard PB&J.** Add dried fruit and bananas in place of jam.

- **Prepare high-fiber snacks.** Pack a plastic bag with a cup or two of air-popped popcorn, a serving of whole-grain crackers or a half cup of your homemade “trail mix.” Or add fresh raspberries and blueberries to yogurt or ice cream.

- **Get the family involved.** Plant a vegetable garden and let the kids pick out what they would like to plant. When your children see the vegetables they planted on their plates, they will be proud of their contribution and more likely to eat them!

If you aren't sure how much fiber your family needs, refer to the fiber intake chart provided. For a personalized recommendation and sample meal plan, visit the NFC's Web site, [www.nationalfiberCouncil.org](http://www.nationalfiberCouncil.org), and use the fiber calculator. You may also want to refer to the NFC's pocket guide, “Dining In or Dining Out?”, which offers tips for incorporating fiber into your diet at home or on the road. To learn more about the benefits of fiber and/or to request a free pocket guide, log on to the Web site or call (866) 749-5296.