

High Fibre Foods for Kids

Fibre supports kids digestion, gut health, and helps them feel their best.
These fun and tasty ideas make it easier for kids to get enough!

High Fibre Foods



Fruits & Veggies



- 1/2 c broccoli - 2g
- 1/2 avocado - 6g
- 1 pear w/ skin - 6g

Whole Grains



- 1 slice whole grain bread - 2g
- 3/4 c oatmeal - 4g
- 1/3 c bran cereal - 6g

Legumes



- 1/4 c hummus - 4g
- 3/4 c edamame - 6g

Nuts & Seeds



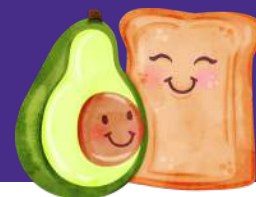
- 2 tbsp peanut butter - 2g
- 1/4 c almonds - 4g
- 2 tbsp chia seeds - 6g

**Note: Avoid nuts if your child has a nut allergy or attends a nut-free school.*

Healthy After School Snacks



- Apple slices with almond butter
- Oat energy bites
- Hummus and carrots
- Whole grain toast w/ avocado
- Popcorn



Tips For Picky Eaters!

1. Swap white for whole grains
2. Add fibre to smoothies, sauces, or baked goods.
3. Let Them Choose, kids are more likely to eat what they help pick!
4. Boost fibre in foods they already love
5. Add fibre gradually and encourage water to avoid tummy trouble

