

Dietary Recommendations for Fiber & Fluid

AAP Recommendations:

- Ages 6-12 months→ gradually increase to 5 grams/day by first birthday
- Children ages 2-19 years of age→ child's age + 5 grams/day (age + 10 grams/day found to be safe)

Classification of Solubility

Soluble (highly fermented): pectins, gums, mucilages, and hemicelluloses

- Predominantly metabolized in colon by enzymatic reaction of anaerobic bacteria
- Soluble fiber has been shown to increase stool size moderately, increase intestinal transit time, delay gastric emptying, slow glucose absorption, and decrease serum cholesterol.

Insoluble (poorly fermented): cellulose, lignins, and most hemicelluloses

- Intestinal flora does not significantly metabolize insoluble fibers
- Insoluble fiber can significantly increase fecal bulk, decrease intestinal transit time, delay glucose absorption, and slow the process of starch hydrolysis.

Fluid Recommendations:

When fiber is increased or added to the diet, it is important to make sure there is enough fluid to help stools stay soft and pass easily. Use this chart as guide for daily fluid needs:

Weight in Pounds Fluids per Day:

10 pounds	16 ounces (2 cups)
20 pounds	30 ounces (3-3/4 cups)
30 pounds	40 ounces (5 cups)
40 pounds	48 ounces (6 cups)
50 pounds	52 ounces (6 ½ cups)
60 pounds	55 ounces (7 cups)
80 pounds	61 ounces (7 ½ cups)
100 pounds	67 ounces (8 ¼ cups)
120 pounds	73 ounces (9 cups)
140 pounds	79 ounces (10 cups)
150 pounds	82 ounces (10 ¼ cups)