

# High Fiber Toddler Foods

A quick reference guide for daily nutritional planning.

<b>CATEGORY</b>	<b>FOOD ITEM</b>	<b>SERVING SIZE</b>	<b>FIBER (G)</b>
<b>Legumes</b>	Black Beans (Cooked)	<i>1/4 cup</i>	<b>3.8g</b>
<b>Legumes</b>	Lentils (Cooked)	<i>1/4 cup</i>	<b>3.9g</b>
<b>Fruits</b>	Pear (with skin)	<i>1/2 medium</i>	<b>2.8g</b>
<b>Fruits</b>	Raspberries	<i>1/4 cup</i>	<b>2.0g</b>
<b>Vegetables</b>	Green Peas (Cooked)	<i>1/4 cup</i>	<b>2.2g</b>
<b>Vegetables</b>	Broccoli (Steamed)	<i>1/4 cup</i>	<b>1.3g</b>
<b>Grains</b>	Oatmeal (Cooked)	<i>1/2 cup</i>	<b>2.0g</b>
<b>Grains</b>	Whole Wheat Pasta	<i>1/4 cup</i>	<b>1.6g</b>
<b>Seeds</b>	Chia Seeds (Soaked)	<i>1 tsp</i>	<b>1.1g</b>

Typical fiber goal for toddlers (1-3 years): ~19g per day. Ensure adequate hydration when increasing fiber intake.