

## NUTRITION

# Fiber for Babies: Digestion, Constipation, and Best Foods

Fiber supports healthy digestion and can ease constipation in babies. Learn how much fiber babies need and the best fiber-rich first foods to offer.

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## Frequently Asked Questions

**How much fiber does my baby need?**

There is no strict infant fiber target, but fiber-rich whole foods like fruits, vegetables, oats, and legumes naturally support healthy digestion. Offer a variety rather than counting grams.

**Can fiber help my baby's constipation?**

Often yes. Foods like prunes and pears, along with adequate fluids, can soften stools and ease constipation, especially when solids are first introduced. Persistent constipation should be discussed with your pediatrician.

**Can a baby get too much fiber?**

Very high fiber intake can fill a small tummy, reduce appetite for energy-rich foods, and cause gas. Balance is key, fiber-rich foods as part of a varied diet rather than an extreme focus.

**What are the best high-fiber foods for babies?**

Prunes, pears, oatmeal, lentils, and peas are gentle, fiber-rich starters that also bring other nutrients like protein and zinc.

**Do babies need water with high-fiber foods?**

Fiber works best with fluids. From 6 months, small sips of water with meals are fine, alongside breast milk or formula, which remain the main drinks.

**Is fruit juice a good fiber source?**

No. Juice removes most fiber and concentrates sugar. Whole or mashed fruit like pear is a far better choice for fiber and overall nutrition.