

Nutrition for Constipation in the First 12 Months

Age of child	Foods to offer	Foods to avoid
Birth–6 months	<ul style="list-style-type: none"> Breast milk or infant formula 	<ul style="list-style-type: none"> Do not switch to a low-iron formula; ask your doctor or dietitian before making any formula changes
6–8 months	<ul style="list-style-type: none"> Continue breast milk or infant formula Can start sips of water from a cup; this does not replace breast milk or infant formula 0.5 – 1 ounce of undiluted prune, pear, or apple juice High-fiber strained fruits and vegetables: apricots, prunes, peaches, plums, spinach, sweet potatoes, and carrots 	<ul style="list-style-type: none"> Do not give cereal in a bottle unless directed by healthcare provider Avoid large quantities of: <ul style="list-style-type: none"> Low-fiber cereal (rice)
8–12 months	<ul style="list-style-type: none"> Continue breast milk or infant formula Can offer 1–2 ounces undiluted prune, pear, or apple juice Add mashed foods, such as cooked beans; offer high-fiber solids 3 times per day Add finger foods to diet: <ul style="list-style-type: none"> Whole wheat toast, crackers Cooked whole wheat noodles, cooked brown rice Soft, peeled fruit slices (apricots, pears) Solid foods that dissolve easily, such as dry cereal containing oats After 10 months, add finely diced table foods to diet 	<ul style="list-style-type: none"> Avoid large quantities of: <ul style="list-style-type: none"> Low-fiber grains (white rice, white bread, white pasta, puffs) Fruit juices Do not start dairy milk until child is 1 year old

→ Locate a Pediatric Gastroenterologist

IMPORTANT REMINDER: This information from the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN) is intended only to provide general information and not as a definitive basis for diagnosis or treatment in any particular case. It is very important that you consult your doctor about your specific condition.



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