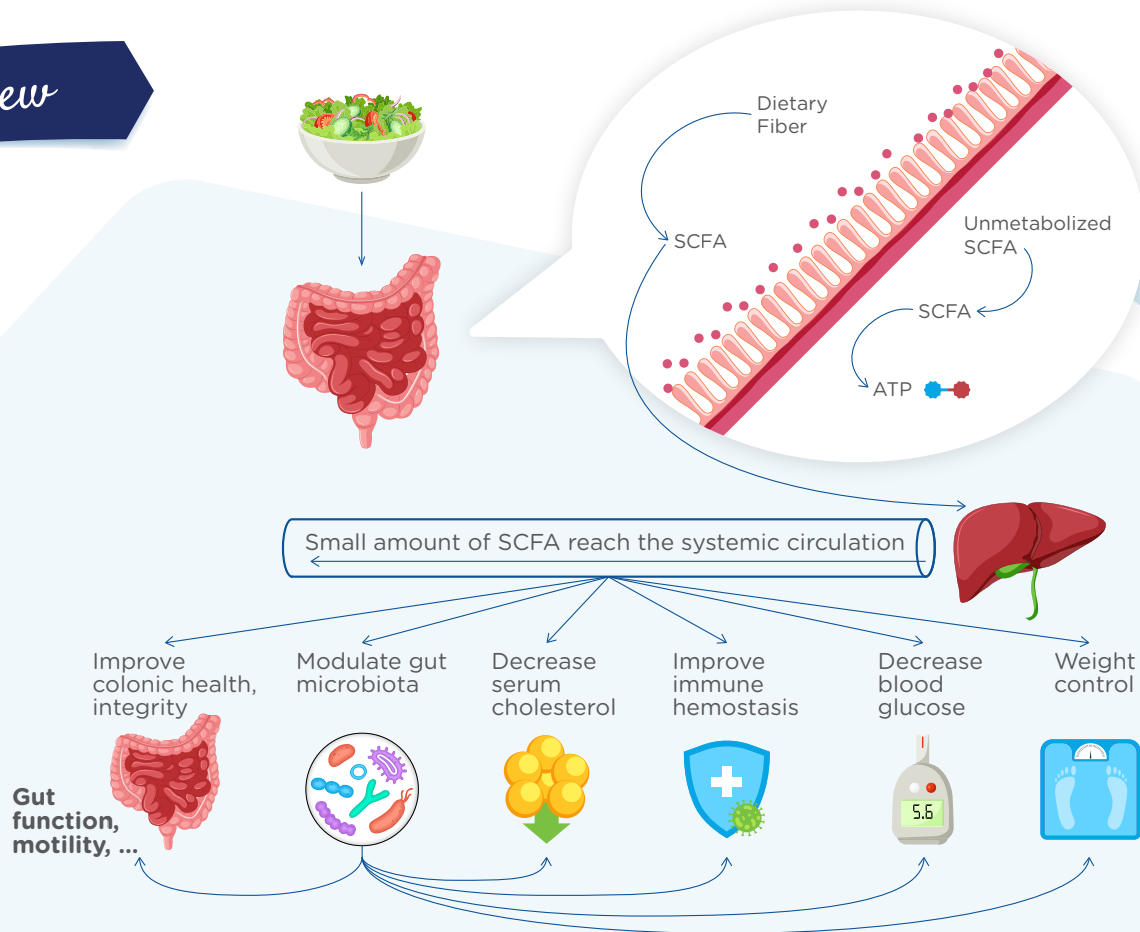


Use of Fiber-Containing Enteral Formula in Pediatric Clinical Practice: an Expert Opinion Review*

Review



- **Dietary fiber** plays an important role in pediatric nutrition by **supporting gut health** and **microbiome** and **promoting normal laxation**.
- **Practical guidance** on the use of fiber containing EN in the pediatric population is still lacking.
- **Current evidence** supports the use of dietary fiber in enteral feeding formulas as a first line nutritional therapy.
- **Fiber** should be **considered for all patients** requiring enteral nutrition.
- The use of a **mixture of bulking and fermentable fiber** is suggested as a preferable approach, particularly for longterm feeding.
- There is **no universal consensus on the dose** of fiber to use in tube-fed children with acute and chronic illness. However, based on clinical experience an estimated 10 g/day 20 g/day for ≥ 14 year old adolescents might be considered.
- Dietary fiber should be **introduced gradually**, especially in fiber-naïve children, with an individualized symptom-based approach.
- Patients should continue on the fiber containing formula they **tolerate best**.
- **Long-term fiber intake** might be recommended to prevent the recurrence of gastro-intestinal (GI) problems.