

discuss attitudes and expectations regarding toilet habits and the treatment plan.

TABLE 22-7

Fiber Content of Select Foods

Food	Serving Size	Grams of Fiber
Apple, raw, with skin	1 apple	3.3
Bananas, ripe, raw	1 small-sized banana	3.1
Beans, baked, canned	1 cup	10.4
Beans, pinto, mature seeds*	1 cup	15.4
Beets*	1 cup	3.4
Blackberries, raw	1 cup	7.6
Blueberries, raw	1 cup	3.5
Bread, mixed grain (includes whole grain)	1 slice	1.6
Broccoli*	1 cup	5.1
Brussels sprouts*	1 cup	4.1
Carrots*	1 cup	4.7
Cereals, ready-to-eat, General Mills, Cheerios	1 cup	3.6
Cereals, ready-to-eat, General Mills, Raisin Nut Bran	1 cup	5.1
Cereals, ready-to-eat, Kellogg's All Bran, original	$\frac{1}{2}$ cup	8.8
Cereals, ready-to-eat, Kellogg's Raisin Bran	1 cup	7.3
Collards*	1 cup	5.3
Dates, deglet noor	1 cup	14.2
Lentils, mature seeds*	1 cup	15.6
Lima beans, large, mature*	1 cup	13.2
Oat bran, cooked	1 cup	5.7
Pears, raw	1 pear	5.1
Peas, green, frozen*	1 cup	8.8
Raisins, seedless	1 cup	5.4
Spinach*	1 cup	4.3
Vegetables, mixed, frozen*	1 cup	8.0
Wheat flour, whole grain	1 cup	14.6
Wheat flour, white, all-purpose, enriched	1 cup	3.5

*Cooked, boiled, drained, no salt.

Modified from USDA National Nutrient Database for Standard Reference, Release 27, <http://ndb.nal.usda.gov/ndb/nutrients/index>.

Hirschsprung Disease (Congenital Aganglionic Megacolon)

Hirschsprung disease is a congenital anomaly that results in mechanical obstruction from inadequate motility of part of the intestine. It accounts for about one fourth of all cases of neonatal intestinal obstruction. The incidence is 1 in 5000 live births (Liang, Ji, Yuan, et al, 2014). It is four times more common in males than in females and follows a familial pattern in a small number of cases. A