

ABC's of Boosting Calories

If you need to add calories to your child's diet, try adding some of these ABC's.

A Avocado

B Butter, BBQ sauce

C Cheese, cheese sauce, cheesecake, cream cheese, cream, cream soups, chocolate milk, caramel topping

D Dips, dried fruits

E Eggs, egg yolks, evaporated whole milk

F Fruit smoothies, frostings

G Guacamole, gravy

H Hot cereals, hummus, half 'n half, hot fudge sauce

I Instant breakfast powder, ice cream

J Jellies, jam

K Ketchups

L Liver sausage

M Margarine, mayonnaise, milk shakes, milk powder, marshmallow creme

N Nutella®, nut butters

O Olives, omelet

P Peanut butter, puddings, parmesan cheese

Q Quiche

R Ranch dressing, relishes, refried beans

S Salad dressings, sandwich/cracker spreads, sour cream, sherbet, syrup

T Thousand Island dressing, tartar sauce

U "Ultra rich" desserts

V Vegetable oils

W Whole milk, whipping cream, whipped toppings

X "Extraordinarily" rich desserts

Y Yogurt

Z "Zebra" pudding (half chocolate, half vanilla pudding)

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.