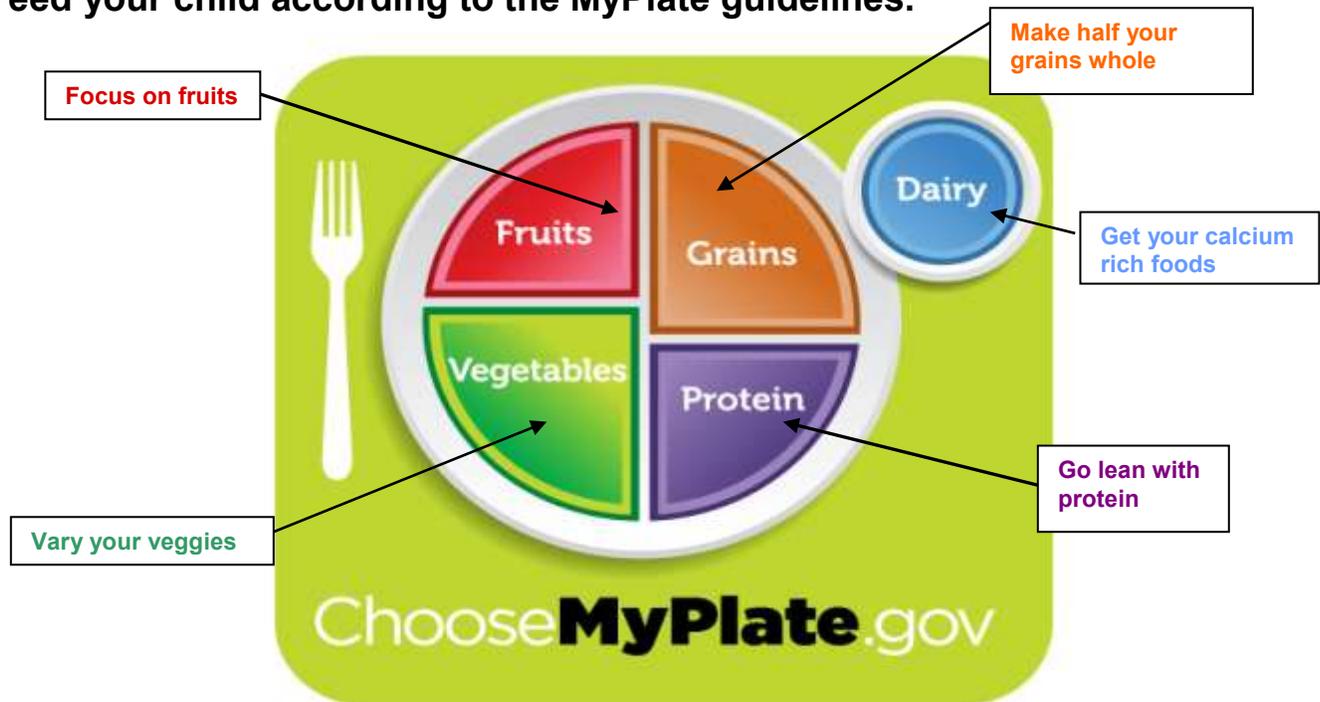


High Calorie Diet

Your child's doctor or dietitian recommends a diet high in calories. This diet will help your child gain weight. It can be hard to increase calories without having your child eat more food. This sheet will help get more calories in your child's diet to help them gain weight.

Feed your child according to the MyPlate guidelines.



Grains	Vegetables	Fruits	Milk	Meat & Beans
2-8 yrs = 3-5 oz	2-8yrs = 1-1½ cups	2-8yrs = 1-1½ cups	2-8yrs = 2 cups	2-8yrs = 2-4 oz
9-18 yrs = 5-7 oz	9-18 yrs = 2-3 cups	9-18 yrs = 1½--2 cups	9-18 yrs = 3 cups	9-18 yrs = 5-6 oz

1 oz. grain = 1 slice bread, 1 cup of dry cereal, ½ c. cooked rice, pasta or cereal.

1 oz. meat/beans = 1 egg, 2 tablespoons of peanut butter, 1/8 cup nuts, ¼ cup cooked dry beans.

For more information on the food pyramid, go to www.MyPlate.gov

Mealtime tips

- Have three meals and 2 to 3 scheduled snacks every day. Try to have them at about the same time from day to day.
- Avoid “grazing” on crackers, cereal or small snacks or juice between meals and snacks. This will help your child to be hungry at meal and snack times.
- Have small servings of drinks with meals and snacks. Offer only small amounts of water between meals or snacks. This will help keep your child from filling up with liquids.
- Look at the food in your refrigerator and cupboards. Foods that say “light”, “low-fat”, “fat-free” or “diet” do not have as many calories. These foods may not help your child gain weight.
- Give servings that fit the size of your child. Portions that are too large can overwhelm a child. Start small and offer second helpings if your child asks for more.
- Let your child decide when they are finished eating. Most children finish meals in 15 to 20 minutes. Do not force your child to eat or finish portions of food.
- Provide a wide variety of food.

Foods that increase protein or calories

Butter, margarine, oil (Calories, 35 calories per teaspoon)

- Melt/drizzle on vegetables, noodles, hot cereal, popcorn, and fish.
- Spread on tortillas, sandwiches, muffins and crackers.
- Use to fry meats or sauté vegetables.

Full fat dairy products (Protein, 8 grams per cup; Calories 150 per cup)

- Whole Milk.
- Yogurt with fruit/Greek yogurt (do not use the “light” or “low-fat” varieties of yogurt).
- Ice cream or frozen custard.
- Cheese - cheddar, colby, American, Swiss.
- Cottage cheese.
- Cream cheese.
- Whipping cream or half and half-add to whole milk and other foods to boost calories further.
- Eggnog.

Cheese (Protein, 7 grams per ounce; Calories, 100 per ounce)

- Add to casseroles, sandwiches and salads.
- Melt over vegetables and eggs.
- Serve on bagels, crackers, rolls or fruit.
- Use any kind of cheese, including cream cheese or cottage cheese.

Foods that increase protein or calories (continued)

Meat/fish/poultry

- Liver sausage, cold cuts or deli meats.
- Chicken nuggets/fish sticks.
- Cheeseburgers.
- Tuna or meat salads.
- Hot dogs (for children over 3 years of age).
- Serve meat with gravy or cream sauce; bread or fry to increase calories.

Eggs (Protein, 7 grams per egg; Calories, 75 per egg)

- Add cooked eggs to salads, sandwiches.
- Serve boiled, scrambled, fried, poached or as deviled eggs.

Peanut butter (Protein, 4 grams per Tablespoon; Calories, 100 per Tablespoon)

- Spread on crackers, fruit, vegetables, muffins, bread, tortillas or cookies.
- Swirl in ice cream.
- Blend into shakes.

Beans, Refried (Protein, 6 gm per ½ cup; Calories, 100 per ½ cup)

- Spread on tortillas.
- Sprinkle with cheese and serve as a side dish or entrée.
- Use in casseroles.

Nuts/seeds (Protein, 4 to 7 grams per ounce; Calories, 160 per ounce)

- Only for children over 3 years of age.

Dried fruit (Calories, 110 per ¼ cup)

- Raisins, bananas, apricots.

Honey, jams and jellies (Calories, 55 calories per Tablespoon)

- Spread on toast, bread and crackers.

Powdered whole milk (Protein, 3 grams per Tablespoon; Calories, 40 per Tablespoon)

- Sprinkle in casseroles, cream soups, hot cereal, potatoes, ground meat and gravy.

Use the handout on the “ABCs of Boosting Calories” (#1127) for even more ideas!

Recipes

Instant super shake

600 calories, 15 g protein per recipe

- ½ cup half and half
- ¾ cup ice cream or frozen custard
- 1 package instant breakfast

1. Blend first 2 ingredients in a blender until smooth.
2. Mix in instant breakfast powder.
3. You may add chocolate syrup, peanut butter or malt powder if you wish.

Pudding with a punch

250 calories, 8 g protein per serving

- 2 cups whole milk
- 2 tsp. vegetable oil
- 1 package instant pudding
- 2 packages instant breakfast

1. Add vegetable oil to milk.
2. Blend milk and oil with the pudding mix and instant breakfast mix.
3. Pour into ½ cup containers and chill in refrigerator until set.

Peanut butter snack chow

380 calories, 7 g protein per ½ cup serving

- 1 cup peanut butter
- 1 stick margarine
- 1 - 12 ounce bag chocolate chips
- 1 box Corn Chex™ or Crispix™ cereal
- 1 cup powdered sugar

1. Melt chocolate chips, margarine and peanut butter. Pour over cereal.
2. Put powdered sugar in a brown paper bag. Shake chocolate-covered cereal in the sugar to coat.

“Double” milk

270 calories, 17 g protein per serving

Add 2 to 4 Tablespoons powdered milk to 1cup whole milk.

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.