

# Increasing Calories for your Toddler

1. Offer 3 meals and 2-3 snacks each day, 2-3 hours apart.



2. Offer foods high in calories. Increase calories by adding butter, margarine, and oil to foods.



3. Use high fat dairy products: half and half, cream, whole milk, milkshakes, egg custards.



4. No juice, sports drinks, soda, water, Kool-Aid, etc. unless ill and at risk for dehydration.



5. Main drinks should be whole milk, mix of 1/2 whole milk and 1/2 half-n-half, Pediasure®, or Danimals®.

