

Increasing Calories in Your Child's Diet

Offer 3 meals and 2 to 3 snacks per day. Try to avoid giving any snacks or juice for ½ hr before a meal. THIS IS CRITICAL! Create meals that contain grain, protein, fruits and vegetables, and dairy.

Grains: (6-11 servings per day)

Croissants, granola, waffles or pancakes, crescent rolls, muffins & oatmeal with added milk, butter and sugar. Bagels with cream cheese, fried rice, ravioli or pasta with cheese, soft dissolvable crackers.

Fruits: (2-4 servings per day)

Fruit canned in juice or syrup, fruit with dip, nectar juices and dried fruits. Fresh ripe fruits or thawed frozen fruits.

Vegetables: (3-5 servings per day)

Avocado, olives, potatoes with toppings, French fries, vegetables with cheese sauce or ranch for dipping. Canned or fresh veggies.

Protein foods: (2-3 servings per day)

Lunch meats, sausage, bacon, chicken with the skin, eggs, refried beans and legumes, lentil soups, chicken, tuna or egg salad, ground meats, tofu

Dairy products: (2-4 servings per day)

Whole milk, full fat cheeses, ice cream, shakes, instant breakfast drink, eggnog, custard or puddings or Boost or Ensure type supplements.

Sweets & Fats: (Use in moderation)

Cakes, cookies and pies fortified with whole grains, fruits & nuts. (Pumpkin pie is terrific and tasty natural puree). Butter, mayonnaise, salad dressings, and gravies.



Soft High Calorie Foods:

Cream Cheese	Peanut Butter (>3 yrs)	Nutella spread
Bean Dip	Guacamole	Pudding
Hummus	Yogurt	Laughing Cow Cheese
Tofu Pate	Underwood Meats	Scrambled eggs
Cheesecake		

Quick n' Healthy Snacks:

Cottage cheese and fruit	Cheese and crackers	Smoothies
Toasted cheese sandwich	Baked potato w/ topping	Shakes
Pizza on English muffin	Cinnamon roll with milk	Quesadilla

