

Eating to Grow...Tips for Increasing Calories in Your Child's Diet

Milk and Milk Products

- Add one packet of Carnation Instant Breakfast powder to 8 ounces of whole milk (240 calories). High calorie drinks such as Boost® Kid Essentials 1.5, Pediasure® or Instant Breakfast Drink can also be used (240–355 calories per container). Carnation Instant Breakfast powder can also be mixed into yogurt, pudding or milkshakes.
- Supermilk: Add 1 cup instant nonfat dry milk to 1 quart of whole milk (210 calories per 8 oz cup). Add flavored syrup for additional calories (50 calories per tablespoon). Use anywhere you would use milk (cereal, soups, pudding, macaroni and cheese, etc.). Note: Supermilk should be limited to 12–16 ounces per day.
- Combine 4 ounces of whole milk with 4 ounces of half and half (231 calories) or mix 4 ounces of whole milk with ½ cup whole evaporated milk (244 calories).
- Choose yogurt made with whole milk (75 calories in 4 ounces) instead of low-fat varieties. Try adding canned or fresh fruit, cereal, granola, crushed cookies, chopped nuts or crushed graham crackers to yogurt.
- Add cheese to foods or serve cheese as a snack. Try a variety: cheddar, mozzarella, processed cheese, and string cheese (70–120 calories per ounce). Cheese can be shredded and tossed into soups or melted over pasta or vegetables. Cheese can also be added to sandwiches or served with crackers or fruit.
- Use whipped cream to top puddings, pies, hot chocolate, ice cream, fruit, etc.

- Add cream cheese to sandwiches. Use as a spread on crackers, muffins or cookies (50 calories per tablespoon). Blend cream cheese with sugar to make a sweet dip for fruit, or try flavored cream cheese.

Meat and Protein Group

- Add small pieces of cooked meat, fish, chicken, turkey, extra firm tofu or eggs to casseroles, soups, pastas or rice dishes.
- Blend cooked egg or egg yolk with mixed dishes, mashed potatoes and sauces or blend into ground beef for added calories and protein (about 60 calories per yolk, 75 calories for a whole egg).
- Use bread crumbs, crackers, potato chips or crushed cereal coatings on meats. Try dipping meats in egg and then dip into crumbs before cooking. Fry or sauté meats instead of baking or broiling them.
- Spread peanut butter on bread, crackers, fruit or celery. Blend peanut butter in milkshakes (95 calories per tablespoon). Try other nut butters such as almond butter or cashew butter. Add chopped nuts to yogurts or puddings.

Other High Calorie Items

- Butter or margarine: Spread on bread or crackers. Melt into hot cereals, soups, potatoes, rice, pasta and cooked vegetables (40 calories per teaspoon).
- Use oil such as canola, safflower, or olive oil for cooking. Use oil to stir-fry fresh or frozen vegetables. Mix oil in with rice or pasta (40 calories per teaspoon).

- Serve avocado or add mashed avocado or guacamole to foods. Blend avocado with cream cheese or sour cream to make a dip for chips or vegetables (90 calories per ¼ avocado).
- Add mayonnaise or salad dressing to sandwiches, egg salad, chicken salad or tuna salad. Use salad dressing as a dip for French fries, potato chips, crackers, cooked vegetables, chicken nuggets or fish sticks.

Dessert Ideas

- Make Jell-O using fruit juice instead of water.
- Make fruit smoothie shakes using whole milk yogurt or higher fat ice creams mixed with fruit.

If using Boost®, Kindercal®, Pediasure® or Instant Breakfast Drink, blend these with ice cream, fruit, or juice to make high calorie shakes.

- Blend Supermilk, Boost®, Kindercal®, Pediasure® or Instant Breakfast Drink with orange or grape juice and freeze to make high calorie popsicles.
- Choose higher fat brands of ice cream (150 calories per ½ cup).
- Offer nuts, seeds, dried fruit or granola for snacks. Use as a topping for cereals, puddings, yogurt and ice cream. Add these to cookie or muffin recipes.

Feeding To Grow...Tips for Encouraging Your Child to Eat More

- Offer 3 meals and 3 snacks each day. Make sure your child does not have anything to eat or drink for at least 2 hours before each meal and snack.
- Have your child sit at the table for all meals and snacks. Avoid letting your child walk around with snacks or with a cup (or bottle). Encourage your child to sit for 20–30 minutes at meals and 10–15 minutes at snacks. After this time, whether your child has eaten or not, the meal is over and the food can be taken away.
- Limit distractions during meal times. Try to avoid having a loud radio or television playing in the room. Avoid having toys or books at the table. At meal time, the focus should be on eating.
- Whenever possible, eat with your child, or have your child eat with siblings, friends or family. Be a role model of good eating habits for your child.
- Offer food first before giving beverages such as milk, juice or nutrition supplements (Pediasure®, Kindercal®, Boost®, Instant Breakfast Drink, etc). Try offering only 2–4 ounces of liquids with each meal and snack — at the end of the meal or snack.
- Include high calorie foods in meals and snacks whenever possible — such as butter, margarine, mayonnaise, salad dressing, eggs, avocado, cheese, and whole milk yogurts. Follow suggestions from the “Eating to Grow” handout.
- Limit juice intake to 4 oz per day. Avoid soda or fruit flavored drinks.
- Be consistent. Your child will get used to these new eating habits over time.