

## Calorie Boosters

Dairy products are an excellent way to boost calories. When purchasing dairy products, be sure the label says whole milk or 4% fat.

- Add heavy cream, butter, margarine, mayonnaise or sour cream to foods like mashed potatoes, sweet potatoes, grits, oatmeal, cooked vegetables, sandwiches, soups, casseroles, rice and pasta.
- Use heavy cream instead of milk in scrambled eggs, pancakes, macaroni and cheese, puddings and cream-style soups.
- Add a few teaspoons of dry powdered milk to any recipe that uses milk, in addition to the whole milk in the recipe.
- Add cheese to foods like scrambled eggs, hamburgers, sandwiches, cooked vegetables, rice, mashed potatoes, pasta, meat and fish; experiment to see if your child prefers cold or melted cheese.
- Try cream cheese instead of butter if your child prefers it; use it as a dip for crackers, vegetables and fruits or spread on bread and muffins.

### Meats/ Meat Alternatives

- Give high-protein calorie snacks like mini-sandwich crackers made with cheese, peanut butter or bologna.
- Cut high-protein and iron-rich foods like turkey, ground beef or chicken into small pieces and mix them into foods your child likes such as pasta, mashed potatoes and soups.
- Put peanut butter on crackers, toast, muffin and waffles.
- Try breaded fish or fish sticks with tartar sauce.

### Fruits and Vegetables

Most fruit and vegetables are low in calories and fat. You can increase the calories by adding dressings and dips whenever possible. If your child won't eat fruits alone, try them on cereal or with yogurt. Below are some high calorie suggestions.

- Bananas
- Avocados
- Fruits canned in heavy syrup
- Coconuts
- Peas and corn ( served cream or with cream cheese)
- Dried fruits such as raisins, apricots, and prunes.

### Bread and Cereals

Most breads and cereals are high in calories. When combined with high-calorie spreads, they make a great calorie booster.

- Pancakes, French toast, and waffles topped with butter, syrup, fruit yogurt, powdered sugar, and whipped cream.
- Muffins with butter, margarine, jam
- Sweet breads such as banana bread or walnut-raisin date bread with cream cheese or peanut butter
- Biscuits covered with gravy
- Cooked cereals with added butter, raisins, brown sugar, ground nuts
- Granola-type sweetened cereals with dried fruits and nuts
- Potato, rice, or noodle mixes served with added butter, cheese, whole milk, gravy
- Use dried potato flakes to thicken soups and gravies.

### General Suggestions

- Offer two nutritious snacks a day to increase calorie intake. Snacks and meals should be every 2 to 3 hours. Try to offer drinks after meal has been taken. Try to keep mealtimes the same time each day to train your child's hunger drive to be really strong at meals.
- Be sure that your child is not filling up on juice or sugary drinks that can spoil an appetite for healthy calorie-rich foods. Six to eight ounces of juice each day is plenty. Offer whole milk if your child is thirsty.
- Children's tastes change quickly. If your child doesn't like one food, try it again in a few weeks. The more foods your child will eat, the more ways you have to increase calories.
- Pay attention to the texture of your child's favorite foods. For example, if your child prefers soft foods, mash or grind in a blender foods that are more difficult to chew (like meats and vegetables) and mix them with your child's favorite foods. Gradually grind foods less as your child's chewing skills develop.