

Ways to Increase the Calories in your Child's Diet



Drinks

- Be sure your child is drinking whole milk- no 1 or 2% or skim.
- You can add 1-2 spoonfuls of whipping cream to milk to increase the calories.
- You can try a high calorie, nutritious drink. Extra milk or supplements like Carnation Instant Breakfast or Pediasure provide good calories and nutrients. See website for flavor, types and recipes. <https://www.carnationbreakfastessentials.com/>
- DO NOT give juice or soda- this is bad for their teeth and just contains sugar.
- You can also try making shakes if you find your child likes to drink things, but not always chew. Milk or yogurt with fruit or peanut butter can be great combinations.

Breakfast

- Add butter to things like oatmeal or grits.
- Add peanut butter to fruit (apples and bananas taste great with peanut butter).
- Add cheese to eggs.
- All drinks should be AFTER they finish eating.

Lunch and Dinner

- Add butter to things like pasta, macaroni and cheese, potatoes, and even vegetables.
- Add cheese to dishes or even a little extra cheese.
- Use regular salad dressing or cheese sauce on vegetables.
- All drinks should be AFTER they finish eating.

Snacks

- Expect that your child may be able to eat up to 3 snacks a day.
- Regular yogurt and cheese are good snacks.
- Fruit and vegetables can have peanut butter, salad dressing or hummus with it.

DO NOT rely on junk foods (chips, crackers, pretzels, candy, ice cream etc.) to increase your child's calories. There are HEALTHY ways to do it.

Mealtimes

- Try to minimize the distractions that make it hard to sit still and eat- turn off the TV, have everyone sit down together, and have your child not facing a window or door.
- Try to have a regular eating schedule so your child can practice getting hungry and then eating a big meal. It will be easier for them to behave well if they expect that the meal is coming at that same time every day and have the same pattern.
- Offer choices- "you can eat peas or broccoli, but you have to choose one." Choices make them feel in control and help mealtimes stay fun.