

Foods to Increase Your Child's Calories and Protein

Your child needs food and nutrition to stay well. Extra nutrition is needed when children are sick, healing or need to gain weight. Foods high in fat, calories and protein may help your child get well. The list of foods in this booklet will help you plan meals to give your child extra nutrition.

When reading food labels, choose higher-calorie foods. Try not to use "light," "non-fat" or "reduced fat" foods.

* *These foods are also high in protein*

Cream and Half & Half

- Use in soups, casseroles, sauces, egg or cheese dishes, batters, puddings and custards.
- Put on hot or cold cereal.
- Mix with pasta, noodles and rice.
- Pour on fish or chicken while baking.
- Use as a binder in meatloaf, hamburgers and croquettes.
- Use in place of water in recipes.
- Use sweet whipped cream in or on top of desserts, gelatin, hot chocolate, puddings, fruits, pancakes and waffles.
- Fold unsweetened whipped cream into mashed potatoes, pastas or vegetable recipes.

Butter, Margarine and Oil

- Add to soups, hot cereals, grits, rice, mashed and baked potatoes, pastas and cooked vegetables.

Honey, Jam and Sugar

- Add to bread, cereal, milk, fruit, ice cream and yogurt.
- Make a glaze for meats.

Granola

- Use in cookie, muffin and bread batters.
- Sprinkle on vegetables, yogurt, ice cream, pudding, custard and fruits.
- Layer with fruits and bake.
- Mix with dry fruits and nuts.

Dried Fruits

- Add to muffins, cookies, breads, cakes, rice and grain dishes, cereals, puddings and stuffing.
- Bake in pies and turnovers.
- Combine with cooked vegetables, such as carrots, sweet potatoes, yams and squash.
- Mix with nuts or granola for snacks.
- Cook fruits in water to make soft.

Ice Cream, Yogurt and Frozen Yogurt

- Top with chocolate or other flavored syrups and sauces.
- Add nuts, candies, granola, fruits, sweetened whipped cream, cereals, gelatin, desserts and pies.
- Add to soda or milk to make floats.
- Blend with soft or canned fruits.
- Sandwich ice cream or frozen yogurt between cake slices, cookies or graham crackers.

Peanut, Almond and Soy Butters*

- Spread on sandwiches, toast, muffins, crackers, waffles and pancakes.
- Use as a dip for fruits and vegetables, such as carrots, cauliflower and celery.
- Blend with milk-based drinks and beverages.
- Swirl through ice cream or yogurt.

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Nuts, Seeds and Wheat Germ*

(Finely chop or grind nuts and seeds for small children.)

- Add to casseroles, breads, muffins, pancakes, cookies and waffles.
- Sprinkle on fruit, cereal, ice cream, puddings, yogurt, vegetables, salads and toast.
- Blend with spinach, herbs and cream to make pasta or vegetable sauces.
- Roll banana or fruits in chopped nuts.

*Meat, Poultry and Fish**

- Add chopped, cooked meat, poultry or fish to vegetables, salads, soups, casseroles, sauces, biscuit dough and mashed or baked potatoes.
- Use in omelets, soufflés, quiches, sandwich fillings and stuffing.
- Wrap in tortillas, pie crust or biscuit dough for turnovers.
- Choose high-fat meats: hot dogs (*chopped fine for young children*), cheeseburgers, luncheon meats, fish sticks, fried meats and spare ribs.

*Soy, Tofu and Tempeh**

Tempeh should be avoided if your child is following an immunosuppressed diet

- Try soy milk as a replacement for cow's milk with cereals and lattes, and when baking.
- Try soy puddings and yogurts as snacks.
- Use soy powder in smoothies and shakes.
- Mix tempeh with vegetables or legumes for burger type patties.

*Beans and Legumes**

- Use cooked dried peas, legumes, beans and bean curd (tofu) in soups.
- Add to casseroles, pastas and any dishes that may also contain cheese or meat.
- Mash beans and add cheese and sour cream for nachos or a dip.
- Mash and use as a filling for pitas, tortillas and sandwiches.

Salad Dressing, Dips and Mayonnaise

- Spread on sandwiches and crackers.
- Mix with meats, poultry, fish, eggs, beans and salads.
- Use in sauces, gelatin dishes and creamy salad dressings.
- Spread on burgers and sandwiches.
- Make tartar sauce, guacamole and creamy dressings as dip for fruits, vegetables, chips and French fries.
- Do not use "fat-free" or "light" foods.

Sauces and Gravies

- Use cheese sauce on baked potatoes, casseroles and vegetables.
- Prepare gravy by using cooked meat drippings, flour and milk or cream.
- Use on mashed potatoes, stuffing, vegetables and meats.

*Supplemental Drinks**

- Many commercial supplemental drinks are available, such as Resource, Resource Just for Kids, Pediasure, Boost, Boost Breeze in Tropical and Berry flavors, Instant Breakfast and Scandishake. Your dietitian can help you try some. These may be helpful when your child is not eating well.

*Eggs**

- **Do not use raw eggs, because they may make your child sick. Make sure all eggs are well cooked or baked. Do not use eggs that are "runny."**
- Add chopped, hard-boiled eggs to salads, dressings, sandwich spreads, vegetables, casseroles and creamed meats.
- Make pudding with eggs, milk and sugar.
- Beat eggs into mashed potatoes, vegetable purees and sauces. **Make sure to cook well after egg is added.**
- Add extra eggs or egg whites to custards, puddings, quiches, scrambled eggs, omelets and to pancake and French toast batter before cooking.

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Eggs* (continued)

- Pasteurized egg products, such as EggBeaters, may be used uncooked for egg-nogs and drinks.

Cream Cheese

- Spread on breads, muffins, fruit slices and crackers.
- Use to make dips, sauces, desserts and dressings.
- Roll into balls and coat with chopped nuts, wheat germ or granola.

Sour Cream

- Add to cream-based soups, casseroles, potatoes, macaroni and cheese, vegetables, sauces, salad dressing, baked meats, chicken and fish.
- Use as a topping for cakes, pies, fruit, gelatin, desserts, breads and muffins.
- Use as a dip for fresh fruit and vegetables.

Cheese*

- Melt on sandwiches, breads, muffins, tortillas, hamburgers, hot dogs, meats, vegetables, eggs, fruit or pies and tortilla chips.
- Grate and add to soups, sauces, rice, pasta, beans, casseroles, meatloaf, vegetable dishes, mashed potatoes and biscuit dough.

Cottage Cheese and Ricotta Cheese*

- Add to casseroles, spaghetti, noodles, and egg dishes such as omelets, scrambled eggs and soufflés.
- Use in gelatin, pudding-type desserts, pancake batter or cheesecake.
- Use to stuff fruits, vegetables, crepes and pasta shells.

Whole Fat Milk*

- Use in milk-based drinks and when cooking in place of water.
- Use in preparing hot cereal, soups, cocoa and puddings.
- Canned evaporated milk can be used in place of milk for most recipes.

Powdered Milk*

- Add to regular milk and milk drinks, such as milk shakes.
- Use in casseroles, meatloaf, breads, muffins, sauces, cream soups, mashed potatoes, puddings, custards and other milk-based desserts.

Example of a child's daily menu:

Regular Menu

Breakfast

- 1 bagel
- 1 tsp. margarine
- ½ c. strawberries
- 2 eggs, scrambled
- 1 c. 2% milk

A.M. Snack

- 1 flour tortilla
- 2 oz. American cheese

Lunch

- 2 slices whole wheat bread
- 2 Tbsp. peanut butter
- 1 Tbsp. jelly
- 1 banana
- 1 c. 2% milk

Afternoon Snack

- 3-4 graham crackers
- ½ c. fruit cocktail

Dinner

- ½ c. spaghetti
- ½ c. tomato sauce
- ½ c. corn breadstick
- 1 c. 2% milk

P.M. Snack

- ½ c. raw broccoli
- 1 oz. pretzels
- ½ c. fruit juice

High Calorie & Protein Menu

Breakfast

- 1 bagel
- 2 Tbsp. cream cheese
- ½ c. strawberries
- 2 Tbsp. whipped cream
- 2 eggs, scrambled w/butter
- 1 c. whole milk

A.M. Snack

- 1 flour tortilla, brushed w/oil
- 2 oz. American cheese

Lunch

- 2 slices whole wheat bread, buttered
- 2 Tbsp. peanut butter
- 1 Tbsp. jelly
- 1 banana dipped in sweetened whipped cream

- 1 c. whole milk

Afternoon Snack

- 3-4 graham crackers
- 1 Tbsp. peanut butter
- ½ c. fruit cocktail

Dinner

- ½ c. spaghetti pasta
- ½ c. tomato sauce with sausage
- 2 Tbsp. parmesan cheese
- ½ c. corn
- 1 Tbsp. buttered garlic bread
- 1 c. whole milk

P.M. Snack

- ½ c. raw broccoli
- 2 Tbsp. ranch dip
- 1 oz. chips
- ½ c. chocolate milk

FOR MORE INFORMATION

- Clinical Nutrition Services (206) 987-4758
- Your Child's Health Care Provider

Children's will make this information available in alternate formats upon request. Please call Marketing Communications at (206) 987-5205.

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health care provider.

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