



Easy to Eat High-Calorie Foods

**Tips for adding
calories and protein
to your child's foods**

Your child needs calories and protein to grow. The foods listed below are high in calories and protein to provide extra nutrition. When choosing foods for your child, avoid foods labeled as “light,” “low fat” or “fat free.”

Finger foods

- Noodles with butter, cream and/or parmesan cheese
- Macaroni and cheese made with heavy cream, extra butter and grated cheese
- Grated or sliced cheese
- Crackers with cheese
- Pita with oil and hummus or guacamole
- Cheerios or other bite sized cereals
- Crackers with nut butter or cream cheese
- Muffin with butter
- Pancakes or French toast with butter and syrup
- French fries dipped in ketchup or gravy
- Chicken nuggets dipped in sauce
- Finely ground meat on crackers or bread
- Ground beef or sausage
- Scrambled eggs with cheese or avocado
- Sliced, hard-boiled egg, with yolk
- Egg or tuna salad sandwich with extra mayonnaise
- Tofu, marinated, baked or fried
- Avocado pieces
- Canned pears, peaches, or other fruits with whipped cream
- Cooked soft vegetables with butter and cheese
- Sliced banana with nut butter
- Tortilla slices with cheese and or mashed beans
- Canjeero or injera with sesame oil
- Sushi with rice, egg and avocado (no raw fish)
- Soba, rice or udon noodles with peanut sauce or extra butter or oil

To Learn More

- Nutrition
206-987-4758
- Your child's dietitian:

- Ask your child's
healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Spoon-fed foods

- Applesauce or mashed banana mixed with heavy cream
- Ice cream (without nuts or hard chunks)
- Oatmeal prepared with whole milk, add butter or cream
- Cooked cereals: oatmeal, cream of rice, farina or grits – cook in whole milk, add butter and sugar
- Cottage cheese made from whole milk, stir in jam or other preserves
- Whole milk yogurt or whole milk Greek yogurt: stir fruit into vanilla or plain flavors
- Mashed potatoes, sweet potatoes, or squash made with whole milk, add butter, gravy or sour cream
- Thick cream soups like cream of potato, cheese or broccoli
- Mashed avocado and sour cream, or guacamole, with grated cheese
- Puddings made with whole milk or cream
- Rice cooked with heavy cream or butter
- Refried beans with oil and cheese stirred in