



# High-Calorie Drinks

Here are some recipes for drinks that have a lot of calories in them. Choose drinks that your child will like best to help meet their calorie needs.

Your child needs calories and protein to grow. Drinks are an easy way to get extra nutrition. You can give them to your child with meals or between meals as a snack. Here are some recipes for drinks that have a lot of calories and protein in them. The nutrition data listed are estimates and may not be completely accurate. Please read all food labels if your child is on a special diet (like a carbohydrate-counted diet).

## Blender Drinks and Shakes

Use a blender or a food processor to make these drinks. Some recipes may blend better if recipes are doubled. An immersion blender (hand blender) works great for small recipes.

### Basic Milkshake

1 cup ice cream

¼ cup whole milk

Add flavors, fruit, or syrups as desired

(360 calories, 19 grams fat, 40 grams carbohydrate, 8 grams protein, 279 milligrams (mg) calcium. Up to 580 calories if using a rich ice cream)

### Basic Smoothie Recipe

Try it with banana or berries.

¾ cup (6 ounces) flavored yogurt

½ cup fresh fruit

2 tablespoons heavy cream

Sweetener as needed (e.g. sugar, honey, stevia)

(310 calories, 17 grams fat, 33 grams carbohydrate, 10 grams protein, 305 mg calcium)

### Sunshine Smoothie (Low Fat)

1 cup orange juice (look for the kind that is calcium-fortified)

½ cup frozen peaches

½ banana

1 package Carnation Breakfast Essentials (vanilla or strawberry work well)

(330 calories, 0 grams fat, 77 grams carbohydrate, 8 grams protein, 270 mg calcium) If using calcium-fortified orange juice, this will provide 600 mg calcium!

### Basic Super Shake

1 cup ice cream

½ cup whole milk

1 package Carnation Breakfast Essentials, any flavor)

(480 calories, 18 grams fat, 64 grams carbohydrate, 13 grams protein, 556 mg calcium)

### Banana Strawberry Smoothie

Great with other fruits too.

⅓ cup sweetened condensed milk

⅓ cup evaporated milk

⅓ cup frozen strawberries

¼ banana

(490 calories, 13 grams fat, 78 grams carbohydrate, 14 grams protein, 488 mg calcium)

### Monkey Shake

1 banana

2 tablespoons peanut butter

2 tablespoons chocolate syrup

½ cup whole milk

(480 calories, 20 grams fat, 68 grams carbohydrate, 13 grams protein, 160 mg calcium)

### Creamy Avocado Smoothie

½ avocado

2 tablespoons honey

½ cup canned coconut milk

½ cup diced mango, frozen

1 tablespoon lime juice (optional)

4 or 5 ice cubes

(570 calories, 39 grams fat, 5 grams protein, 63 grams carbohydrate, 36 grams calcium)

### Lime in the Coconut

½ cup canned coconut milk

2 tablespoons lime juice

2 tablespoons sugar or honey

½ cup ice

(360 calories, 24 grams fat, 40 grams carbohydrate, 3 grams protein, 26 mg calcium)

### Drinks You Can Make Without a Blender

You can mix these ingredients together with a spoon, a kitchen whisk, or in a closed container that you can shake. You can also use a blender.

#### Orange Julius

If you have a blender, it's also great mixed with ice.

- ½ cup whole milk
- 2 tablespoons heavy cream
- ¼ cup frozen orange juice (or other juice) concentrate, thawed
- ½ teaspoon vanilla flavor or extract (optional)

(282 calories, 14 grams fat, 5 grams protein, 33 grams carbohydrate, 156 mg calcium)

#### Fortified Milk

- 1 cup whole milk
- 2 tablespoons nonfat dry milk powder

(180 calories, 8 grams fat, 11 grams protein, 16 grams carbohydrate, 300 mg calcium)

#### Extra Milk

- ½ cup whole milk
- ½ cup evaporated milk

(230 calories, 12 grams fat, 12 grams protein 18 grams carbohydrate, 453 mg calcium)

#### Homemade Eggnog

- ½ cup whole milk
- ¼ cup heavy cream
- ¼ cup egg substitute
- 1 tablespoon sugar
- ½ teaspoon vanilla flavor/extract

(370 calories, 26 grams fat, 11 grams protein, 21 grams carbohydrate, 197 mg calcium)

#### Creamy Milk

- ¾ cup whole milk
- ¼ cup heavy cream

(320 calories, 28 grams fat, 10 grams carbohydrate, 7 grams protein, 245 mg calcium)

#### Carnation Breakfast Essentials

- 1 cup whole milk
- 1 package Carnation Breakfast Essentials, any flavor

(280 calories, 13 grams protein, 39 grams carbohydrate, 8 grams fat, 525 mg calcium)

### To Learn More

- Nutrition  
206-987-4758
- Your child's dietitian:  
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- Ask your child's  
healthcare provider
- [www.seattlechildrens.org](http://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.

## How can I meet my child's special nutritional needs?

Your child's dietitian can share ideas for changing recipes that are specific to your child's nutritional needs. These may change the nutritional content (calories, protein, carbohydrate, fat and calcium), so it is important to talk with the dietitian about how to make the right changes.

### Alternatives to cow's milk

- Soy milk
- Rice milk
- Nut milk (almond, cashew, macadamia)
- Coconut milk
- Oat milk
- Hemp milk

### Adding calories

If your child needs extra calories, choose full-fat milks and yogurts. Also consider adding one of the following items:

- Heavy cream
- Avocado
- Sugar or honey
- Evaporated milk
- Non-dairy creamers
- Ice cream
- Canned coconut milk
- Sweetened condensed milk
- Calorie powders like SolCarb or Duocal
- Meal replacement powders (such as Carnation Breakfast Essentials, Ovaltine)
- Nutrition supplement drinks (such as Boost, Pediasure, Ensure, etc.)

### Adding protein

If your child needs more protein, consider adding:

- Nonfat dry milk powder
- Nut butter (almond, cashew, peanut, etc.)
- Pasteurized egg substitute
- Protein powders, like Beneprotein

### Reducing fat

If your child needs less fat, choose low-fat or nonfat yogurt and milks. Then, add more calories with:

- Sugar, honey or syrups
- Preserves
- Fruit juice concentrates
- Nonfat evaporated milk
- Nonfat dry milk powder
- Calorie powders like SolCarb and Duocal

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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

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

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