



High-Calorie Foods

Below are some ideas to help you add more calories to your child's diet. Make every bite count!

Your child needs calories and protein to grow. The foods listed below are high in calories and protein. Use any of these food combinations as either a meal or a snack for your child. Serve whole milk or yogurt with each meal or snack to help meet nutritional needs. In general, do not use “fat-free,” “low-fat” or “light” foods. Choose high-fat foods that are rich in calories.

Crackers and chip snacks

- Crackers with peanut butter and sliced apples
- Crackers with cheese, cream cheese or peanut butter
- Crackers with artichoke dip or hummus
- Crackers and cream soup with melted cheese
- Granola bar spread with nut butter
- Tortilla chips with cheese, guacamole and sour cream

Cereals, muffins and other breads

- Cooked oatmeal with butter, syrup, cream, fruit and/or jam
- Muffin with butter, full fat cream cheese and/or jam
- Bagel with Nutella or nut butter and banana
- Pancake with butter, syrup, banana, peanut butter, yogurt and/or powdered sugar
- Waffle with nut butter and honey
- French toast with butter and yogurt
- English muffin pizza or regular pizza with Alfredo sauce, cheese, Canadian bacon and pineapple
- Croissant with peanut butter and jelly or Nutella
- Zucchini, banana or pumpkin bread with butter or cream cheese
- Cheese breadstick and cream cheese

Fruits and vegetables

- Berries with whipped cream over pound cake
- Applesauce with cream stirred in
- Banana with nut butter
- Fruit slices dipped in caramel or chocolate sauce (e.g., Nutella)
- Fruit dipped in real whipped cream
- Canned fruit over vanilla ice cream
- Dried fruit and nuts
- Roasted vegetables with butter or cheese
- Add avocado to smoothies

Meats, eggs and cheese

- Deli-sliced meat spread with cream cheese, rolled up and sliced
- Scrambled eggs with butter and cheese
- Deviled eggs with bacon bits

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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.

- Quiche made with cheese and sausage or bacon
- Fish sticks dipped in mayonnaise or tartar sauce
- Pizza with meat and cheese toppings
- Chicken or beef pot pie with vegetables, made with high-fat dairy
- Quesadilla with cheese and chicken or black beans

Pastas, beans and potatoes

- Noodle soup cooked with egg and oil stirred in
- Fried rice with egg and/or meat
- SpaghettiO's cooked with added butter, vegetables and grated cheese
- Ravioli heated with oil and cheese stirred in
- Macaroni and cheese made with heavy cream and extra butter, add grated cheese or meat after preparing
- Macaroni and cheese with meat added
- Quinoa or bulgur with cheese and salad dressing
- Rice with cheese and/or chicken and oil stirred in
- Refried beans, cheese, sour cream, and/or avocado rolled into a tortilla
- Baked or sweet potato with butter, sour cream, cheese and thinly sliced chicken or beef
- Mashed potatoes made with heavy cream, butter and grated cheese or ground beef stirred in. Try topped with gravy.
- French fries or tater tots dipped in gravy, tartar, ranch or with melted cheese
- Tater tots with melted cheese or ketchup

Sandwiches

- Melted cheese on buttered toast
- Grilled cheese sandwich with ham or turkey
- Grilled tuna melt with 2 slices of cheese
- Peanut butter and jelly sandwich
- Fried egg sandwich on a bagel, including cheese and mayonnaise
- Tuna salad sandwich with mayonnaise on bread
- Canned chicken salad sandwich with avocado added, on bread spread with mayonnaise
- Egg salad sandwich with butter on the bread
- Buttered tortilla with melted cheese, dipped in guacamole or sour cream
- Tortilla with cream cheese and jelly, rolled up
- Turkey and avocado or cream cheese sandwich
- Pita with hummus, tahini and falafel or chicken
- Cheeseburger and french fries

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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