



# Boosting Calories for Kids

Sometimes children may need more calories than other kids their age because they are sick, taking certain medicines, or because their bodies burn calories faster. This can be challenging since young children have small tummies that come with small appetites. Choosing certain high calorie foods from each food group will help your child get the added nutrition they need. Remember to keep food bite-sized to avoid choking and chewing problems.

## High Calorie Grains

- Wheat germ can be used in baked goods, cereals, meatloaf, and casseroles.
- Mix granola into yogurt, ice cream, and applesauce or use in trail mix.
- Offer higher calorie carb items such as waffles, pancakes, French toast, muffins, doughnuts, cake, breads, bagels, pasta, bread sticks, and graham crackers.

## High Calorie Vegetables

- Many veggies can be cooked with extra fat. Try frying zucchini, mushrooms, eggplant, onion rings, French fries, and tater tots in oil.
- Serve veggies with high calorie dips such as ranch or cheese sauce.

## High Calorie Fruits

- Fresh fruits like avocado, kiwi, papaya, banana and mango contain more calories than watery fruits like apples, oranges and berries.
- Dried fruits like raisins, craisins, apricots and mangos offer many calories in small amounts.

## High Calorie Proteins

- Peanut butter provides a healthy source of fat and protein and can be served with bread, toast, crackers, fruit, veggies or in hot cereals and milkshakes. Do not give a toddler just peanut butter. Peanut butter by itself can stick to the roof of the mouth or throat and cause choking.
- Scrambled eggs can be made with half and half, cooked in butter, or served with cheese, ham or sausage. Deviled eggs prepared with mayonnaise are another good option for children who need a higher amount of calories.
- All meats are an excellent source of calories. Try offering moist chicken pieces with extra gravy or breading, ground turkey, ham, or sausage, strips of lunch meat, and homemade meatballs.
- Pump up soups and mixed dishes with baby food meats or pureed beans.
- Hummus or refried beans can be served on bread, crackers, and tortillas or used as a dip for veggies.
- Don't forget about seafood! Fish sticks and tuna are two kid friendly foods high in healthy fats and calories.

## High Calorie Dairy

- Yogurt is often a favorite among children and can be made from whole milk or mixed with fresh fruit.
- Soft cheeses like American, Monterey Jack, Swiss, and Gouda are yummy sources of extra calories. Serve these on bread, toast, veggies, pasta, and eggs. Use in salads, dips, and sandwiches. Mix into meatballs, soups and potatoes. Use as a sauce or put cream cheese and cheese spreads on crackers.
- Whole and evaporated milk can be added to instant breakfast powders, hot chocolate, milkshakes, soups, cereals, puddings, and baked goods.
- Ice cream can be used in milkshakes and as a topping for desserts.

## Fats, Oils, and Sweets

- Extras like oils, butter and sauces are easy ways to boost up foods. You can mix oil, margarine, butter, sour cream, cream cheese, mayonnaise, gravy, cream, corn syrup, jams, jellies, chocolate syrup, and sugar in to many of the foods your child eats.
- People often think that foods like oil, margarine and butter are not good for them. But if your child needs extra calories, adding them to food is a good way to increase calories without adding to the amount of food. Talk with your healthcare provider about how to use these high calorie items in your child's food.



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### Calories per Serving

**1 tablespoon peanut butter**

94 calories

**1 ounce of cheese**

120 calories

**1 egg yolk**

60 calories

**1 tablespoon hummus or bean spread**

17 calories

**1 tablespoon of whole milk**

10 calories

**1 tablespoon heavy whipping cream**

52 calories

**1 tablespoon dried milk powder (nonfat)**

15 calories

**1/2 cup of ice cream**

136 calories

**1 tablespoon of wheat germ**

25 calories

**1 teaspoon of vegetable oil, butter or margarine**

40 calories

**1 tablespoon of cream cheese**

50 calories

### Mighty Milk (no more than 12-16 ounces per day)

1 cup whole milk  
1/4 cup nonfat dry milk

Stir with spoon until blended.  
Serving size: 1 cup, 210 calories, 15 grams protein

### Peanut Butter Cream Cheese Spread for graham crackers, cakes, muffins, bagels, toast, or as a fruit dip

4 oz cream cheese, softened  
1 1/4 cup peanut butter  
2 cups powdered sugar  
2 Tbs whole milk, cream, or half and half  
1/2 tsp vanilla extract.

Mix all ingredients using a mixer.  
Serving size: 2 tablespoons, 105 calories, 2.8 grams protein

### Volcano Mashed Potatoes

4 medium potatoes, peeled and boiled  
1/4 cup butter  
1/4 tsp salt  
1/4 cup whole milk  
2 Tbsp powdered milk  
1/4 cup heavy whipping cream  
1/2 cup grated American cheese

Mash potatoes. Add butter, powdered milk and salt. Slowly add whole milk and beat until fluffy. Add potatoes to a greased baking dish. Whip the cream and fold the cheese into the whipping cream. Spoon this mixture over the potatoes and bake at 350 for 15 minutes.

Serving size: 1/2 cup, 120 calories, 2.3 grams protein

### Strawberry Banana Smoothie

1/2 cup whole milk  
1/2 cup heavy whipping cream  
1 banana  
1 1/4 cup strawberries (fresh or frozen)  
1/4 cup lemon sherbet

Put all ingredients in a blender and blend until smooth.

Serving size: 1 cup, 204 calories, 3 grams protein

### Extra Yummy Grilled Cheese

1/4 cup half and half  
2 eggs  
1 ounce or 1 slice cheese  
2 slices bread  
1 Tbsp butter or margarine

Mix half and half and eggs together. Dip 2 slices of bread into the mixture. Add cheese to bread. Grill with lots of butter or margarine.

Serving size: 1 sandwich, 575 calories, 29 grams protein

### High Calorie Dirt Pudding

1 cup whole milk  
1 cup half and half or heavy cream  
1 package instant pudding  
6 crushed Oreo cookies  
Whipped cream  
Gummy worms

Stir together milk and heavy cream. With wire whisk, beat pudding mix into milk and cream mixture for 2 minutes. Stir in crushed Oreo cookies. Immediately pour pudding into 6 ounce cups. Chill in fridge. Serve with whipped cream and gummy worm on top.

Serving size: 3/4 cup, 320 calories, 2.8 grams protein

\* For children sensitive to dairy products use soy or almond milk, soy cheese, and other dairy-free choices in these recipes.