

Increasing Calories and Protein

Not eating enough calories can cause:

- weight loss
- weakness
- low energy
- muscle loss
- poor growth

Eating Tips to Help Maintain or Gain Weight

- Eat small meals or snacks. Eat every 1 to 2 hours.
- Do not wait until you are hungry to eat. Keep snacks handy. Nibble on food often.
- Avoid liquids with meals. Take only small sips of water to allow more room for solid food.
- Choose only whole fat milk, cheese, ice cream, yogurt, cottage cheese, mayonnaise, and dressings.
- Add extra butter, oil, sauces, gravies, sour cream, cream cheese, and dressings to food.
- Choose high calorie, high protein drinks such as whole milk, milkshakes, yogurt smoothies, and liquid nutritional supplements. Sugary drinks like juice, fruit punch, sports drinks, and sodas provide little nutrition.
- Keep high calorie, high protein snacks on hand. Try peanut butter, string cheese, granola bars, ice cream, puddings, yogurt, dried fruit and nuts.
- Present food in an attractive, colorful way to make it more appealing.
- If you like breakfast foods, eat them at any meal.



When you are not feeling well, try the tips below:

- Avoid eating your favorite foods when you feel nauseated.
- Eat your largest meal when you are feeling well.
- Make eating more enjoyable by getting out of bed and sitting down to eat together as a family.
- Be as physically active as possible. Start off slowly and increase your activity over time as you feel stronger.
- Snack while watching tv or working on the computer.

High Calorie, High Protein Foods

Add calories and protein in your diet with the foods below. These foods can help prevent weight loss. They can also help give your child strength, energy, endurance, and growth.



Avocados

45 calories per 2 Tbsp. (1 oz)

- Add to salads and sandwiches
- Spread on toast or bagels
- Make guacamole and eat with chips, burritos, or quesadillas

Bacon

50 calories per 1 slice

- Add to sandwiches, casseroles, vegetable dishes, and salads

Beans

130 calories per 1/2 cup

- Spread refried beans on tortillas or toast and top with melted cheese
- Mix beans or lentils into casseroles and soups

Butter, Margarine, and Oils

110 calories per Tbsp.

- Add to soups, potatoes, hot cereal, rice, noodles, bread, tortillas, biscuits, and cooked vegetables
- Sauté or stir fry vegetables, meat, chicken or fish in olive or canola oil

Cheese*

110 calories per 1 oz

- Add to casseroles, omelets, sandwiches, burritos, tortillas, pasta, potatoes, vegetables, and bread sticks

Coconut milk

30 calories per 1 Tbsp.

- Add to soups, hot cereal, stir fries, and casseroles
- Use in recipes in place of milk for a sweet, nutty flavor

Cream Cheese

50 calories per 1 Tbsp.

- Spread on toast, muffins, bagels, crackers, fruits, and celery

Dry Powder Milk

30 calories per 1 Tbsp.

- Add 1 cup non-fat dry milk powder to 4 cups whole milk to increase the protein content. Keep this mixture in the refrigerator and use throughout the day. Use it as a beverage, or in cooking in place of regular milk.
- Add dry milk powder to casseroles, meatloaf, sauces, soups, and milkshakes

Eggs

65 calories per 1 medium egg

- Add extra eggs or egg whites to pudding, quiche, scrambled eggs, omelets, and pancake batter
- Chop hard-cooked eggs and add to sandwich fillings, salads, and soups

Granola

150 calories per 1/4 cup

- Add to cookie, muffin, and bread batters
- Sprinkle on yogurt, ice cream, pudding, and fruit
- Mix with dry fruit and nuts for a snack

High Calorie, High Protein Foods (continued)

Ice Cream and Frozen Yogurt

120-240 calories per 1/2 cup

- Mix with whole milk, cream, or liquid nutritional supplement for a tasty milk shake
- Eat with pie, cookies, or cakes
- Sandwich between two cookies or graham crackers
- Top a bowl of ice cream with fruit, granola, chocolate chips, coconut, or chopped nuts

Mayonnaise and Salad Dressing

60-70 calories per 1 Tbsp.

- Spread generously on sandwiches or on top of meat or fish
- Pour on a salad or mix into tuna or egg salad
- Dip vegetables, fries, chicken fingers or other favorites into ranch dressing

Whole Milk, Half & Half, and Heavy Cream

150-820 calories per 1 cup

- Add to mashed potatoes, casseroles, eggs, gravies, hot chocolate, and milkshakes
- Pour on hot or cold cereal
- Use milk instead of water in cooking, such as when making hot cereal, soups, sauces, pancakes and waffles

Nuts and Seeds*

160-200 calories per 1 oz

- Add chopped or ground nuts to breads, muffins, pancakes, cookies, and waffles
- Sprinkle on fruit, cereal, ice cream, yogurt, and salads
- Try yogurt covered nuts and raisins as a snack
- Mix your favorite nuts with dried fruit, chocolate chips, and coconut for a tasty trail mix

Peanut Butter*

95 calories per 1 Tbsp.

- Spread on sandwiches, toast, muffins, crackers, waffles and pancakes
- Use as a dip for celery, carrots, apples, or bananas
- Blend into milkshakes; swirl into ice cream

Sour Cream

25 calories per 1 Tbsp.

- Add to soups, baked potatoes, macaroni and cheese, eggs, stews, sauces, baked meat, and fish
- Use as a dip for fresh fruits, vegetables, and nachos

Whipped Cream

50 calories per 1 Tbsp.

- Use as a topping for cakes, fruit, muffins, pancakes, yogurt, pudding, milkshakes, smoothies, hot chocolate and gelatin

Yogurt

150 calories per 1 cup

- Blend with frozen fruit and whey protein powder or powdered milk for a fruit yogurt smoothie
- Mix with granola, chopped nuts, and fruit
- Use as a topping for cakes, pancakes, and waffles

*Some foods can be choking hazards for children younger than 4 years. Use with caution.

Nutritional Supplements

A supplement may be an easy way to get in calories and protein. Some supplement ideas are listed below:

PediaSure® or Boost® Kid Essentials

240 calories per 8 oz
Nutritionally complete, milk-based supplement

Boost® or Ensure®

240-250 calories per 8 oz
Nutritionally complete, milk-based supplement

Dean's® Chug Milkshake

420 calories per 12 oz
Prepared milk drink for children over 1 year old

Carnation® Instant Breakfast®

130 calories per packet
Mix one envelope with 8 ounces whole milk, half and half, or a milk shake. For children over 1 year old

Whey protein powder

110 calories per 2 Tbsp.
Add to milk shakes, fruit smoothies, soups, mashed potatoes, casseroles, applesauce, and yogurt

Protein and granola bars

90-400 calories per bar
Carry protein bars in your purse, backpack, and car for convenient snacks on-the-go. There are many brands and flavors.