



High-Calorie, High-Protein Diet

This diet will help increase calories and protein in a balanced diet so that your child can gain weight and grow.

The first page of this information sheet will help you know:

- Why a variety of foods is important
- How to help your child eat more

The inside pages will give you ideas for adding calories and protein, listed by food groups.

Your dietitian may suggest a certain meal plan if needed.

Helping your child eat a varied diet

A balanced diet has all the vitamins and minerals your child needs to grow strong and healthy. Each day your child needs foods from these food groups:

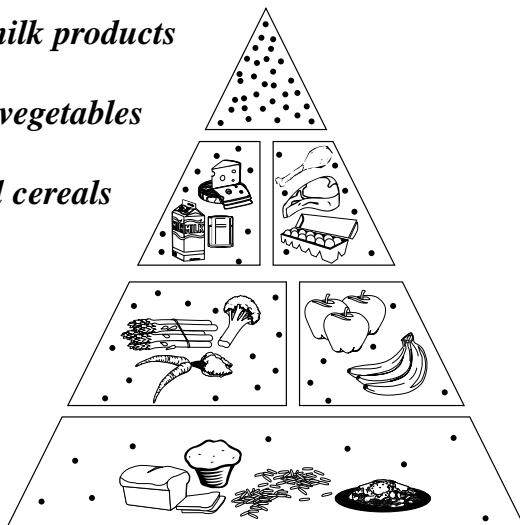
Meat and other protein foods

Milk and milk products

Fruits and vegetables

Breads and cereals

Fats



Helping your child eat more

- Schedule regular eating times.
- Do not make mealtime too long for your child. Often 30 minutes is about right.
- Do not coax, argue, plead with or threaten your child.
- Let your child help fix the food. Children often eat more this way.
- Make meals a pleasant time for you and your child.

Helping your child eat more often

Let your child eat four to six times each day. For instance, your child can eat breakfast, lunch, dinner and one to three snacks. Snack times can be in the morning, afternoon and before bedtime.

Snacks do not have to be smaller than meals. Some children eat more when offered six mini-meals a day. Experiment and find out what works for you and your child. Do not let your child snack all day and not eat breakfast, lunch or dinner. Skipping meals will make it hard to get enough calories each day.

Choking caution

Some foods can cause children under 3 to choke. That is why we put the warning (*not for children under 3*) after these foods.



Foods for your child

Meats and other protein foods

This group is an important source of protein, calories, vitamins and minerals. High-calorie meats and other protein foods include:

- Beans cooked with bacon
- Bologna and salami
- Eggs (**Do not use raw eggs in anything uncooked.** Use egg substitutes instead.)
- Fried or breaded meats, chicken and fish
- Hot dogs (*not for children under 3*)
- Peanut butter (*not for children under 3*)
- Refried beans
- Sausage or pepperoni
- Tuna in oil
- Whole-milk cheese

If your child likes lean meats, serve them breaded and fried or with other high-calorie foods. Examples:

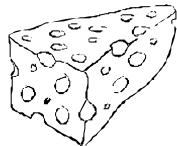
Use peanut butter (*not for children under 3*) with:

- | | |
|------------------|-------------|
| • Blended drinks | • Bread |
| • Cookies | • Crackers |
| • Fruit | • Ice cream |
| • Raw vegetables | |

If your child is under 3 and likes peanut butter, ask your dietitian for ways to make it safer.

Add grated or sliced cheese to:

- | | |
|--------------|------------|
| • Casseroles | • Eggs |
| • Hamburgers | • Meatloaf |
| • Sandwiches | • Soups |



Make nachos with cheese and chips.

Whole milk and milk products

This group provides protein, calories, vitamins and minerals. **Do not use low-fat or fat-free milk products.**

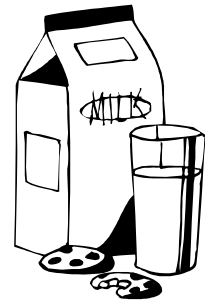
High-calorie milk products include:

- Chocolate whole milk
- Cream or half-and-half
- Double-strength milk (see recipe below)
- Ice cream
- Milk shakes
- Pudding
- Sour cream
- Whipped cream
- Whole milk
- Whole-milk cottage cheese
- Yogurt

Double-Strength Milk

There are two ways to make double-strength milk:

- To add protein, mix 1 cup whole milk and 1/3 cup powdered milk
- To add calories, mix 1/2 cup whole milk and 1/2 cup half-and-half



Examples:

Use whole milk, double-strength milk, milk mixed with Instant Breakfast, half-and-half or cream to prepare:

- | | |
|---------------|-------------------|
| • Cocoa | • Custard |
| • Desserts | • Gravies |
| • Hot cereals | • Mashed potatoes |
| • Milk shakes | • Muffins |

- Pancakes
- Soups
- Puddings
- Waffles

Fruits and vegetables

Fruits and vegetables are often low in calories and protein but are high in the vitamins and minerals your child needs.

High-calorie fruits and vegetables include:

- Avocado
- Canned fruit in heavy syrup
- Coconut
- Dried fruits
- Fried, buttered or creamed vegetables
- Fruit nectar



Limit fruit juices to 8 ounces a day so children do not fill up on juice and stop eating other things.

Examples:

To add calories to fruits and vegetables:

- Add salad dressing, cheese, avocados and croutons to salads.
- Serve raw vegetables with sour cream or cream cheese and mayonnaise dip.
- Serve cooked vegetables with grated or melted cheese or cheese soup.
- Add cream, half-and-half, sour cream, yogurt or whipped cream to fruit.
- Add raisins or other dried fruits to cereals.
- Mix dried fruits with peanut butter and jelly or honey for a dip or sandwich spread (*not for children under 3*).



Breads, cereals and other starches

Breads, cereals and starches are an important source of calories, vitamins and minerals. High-calorie starches include:

- Cornbread
- Muffins
- Quick breads
- High-fat crackers, such as Ritz, Triscuits and Cheezits
- Granola, granola bars
- Pancakes
- Waffles

Examples:

Add calories to breads, cereals, pasta, rice, tortillas and crackers with:

- Butter, margarine
- Cream honey
- Jam
- Sugar
- Cheese
- Cream cheese
- Jelly
- Syrup

Fats

Fats are high in calories. Avoid low-fat or fat-free products and fat substitutes. Add these fats to any foods:

- Bacon
- Gravy cream
- Oil
- Sauce
- Nuts (*not for children under 3*)
- Butter, Margarine
- Mayonnaise
- Salad dressing
- Sour cream

Examples:

- Fry foods in oil.
- Serve meats with cream sauces.

Meal plan (if needed)

- _____ servings of meat and protein foods
- _____ servings of milk and milk products
- _____ servings of fruits and vegetables
- _____ servings of bread and other starches
- _____ servings of fats

Sample menus

High-calorie breakfasts

- Orange juice
- Sausage
- Scrambled eggs with cheese
- Muffins with butter and jam
- Custard yogurt

or

- Hot chocolate
- Bacon
- Waffles with butter and syrup
- Strawberries or bananas in whipped cream

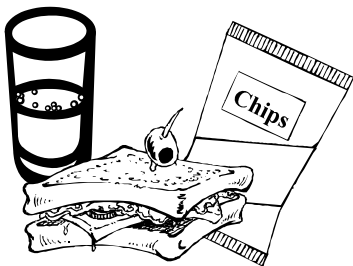
High-calorie lunches

Use these ideas if you pack your child's lunch. Use the dinner ideas for choosing foods in a school lunchroom.

- Peanut butter sandwich on wheat bread
- Fruit canned with heavy syrup
- Corn chips
- Snack bar
- Whole milk

or

- Bologna and cheese sandwich with mayo
- Potato chips
- Carrot sticks with ranch dip
- Oreos
- Juice box



Snacks

- Chips with cream cheese dip
- Cookies
- Granola bars
- Trail mix with nuts, dried fruit, coconut and M&M's (not for children under 3)

High-calorie dinners

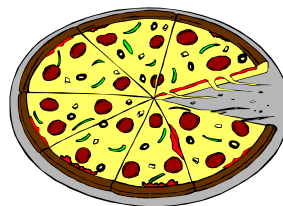
- Fried chicken
- Mashed potatoes with butter and sour cream
- Broccoli with cheese sauce
- Cornbread with butter and honey
- Whole milk

or

- Pepperoni pizza with extra cheese
- Salad with dressing and croutons
- Fruit punch

or

- Cheeseburger with mayonnaise
- French fries
- Corn on the cob with butter
- Milk shake



Developed by Food and Nutrition Services.

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