



Boosting Calories for Children

To help your child gain weight, you need to increase the calories they are consuming. You shouldn't try to force your child to eat or drink more; however, you can make sure you are offering foods and drinks that are higher in calories.

Add these to foods to boost calories:

Vegetable oil or Coconut Oil	120 calories/Tbsp
Mayonnaise or Salad dressing	120 calories/Tbsp
Regular margarine or butter	100 calories/Tbsp
Nut Butters (peanut, almond, hazelnut)*	95 calories/Tbsp
Sesame Seed Butter	85 calories/Tbsp
Margarine spread	75 calories/Tbsp
Pesto Sauce	60-70 calories/Tbsp
Heavy whipping cream	50 calories/Tbsp
Coconut Milk (canned)	35 calories/Tbsp
Non-dairy creamer (powder)	30 calories/Tbsp
Parmesan Cheese 2% Milk	30 calories/Tbsp
Sour Cream	25 calories/Tbsp
Alfredo Sauce	25 calories/Tbsp
Half and Half cream	20 calories/Tbsp
Rice cereal	15 calories/Tbsp
Non-fat powdered milk	15 calories/Tbsp
Whipped topping	10 calories/Tbsp

*Do not give to infants <1 year or if there is a history of food allergies

Beverages:

Pediatric nutrition drink "Plus"	180 calories/ 4 oz.
Standard pediatric nutritional drink	120 calories/ 4 oz.
Chocolate milk (whole)	100 calories/ 4 oz.

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Module 6: Meeting Special Needs

Boosting Calories Handout

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Soft, high calories foods:

Whole milk pudding	150-200 calories/ 4 oz.
Ice cream	130-270 calories/ 4 oz.
Sherbet	145 calories/ 4 oz.
Whole milk yogurt	110-140 calories/ 4 oz.
Greek Yogurt (2%)	107 calories/ 4oz.
Hummus	25-35 calories/ Tbsp
Guacamole	30 calories/Tbsp

Cooking Tips to Add Calories:

- Choose cooking methods that use added fats and oils, such as frying or sautéing.
- Add butter, oil or margarine to breads, muffins, meats, vegetables, pastas and rice. Warming foods will help them soak up more butter or margarine.
- Top foods with creamed sauces and dressings.
- Add cheese to potatoes, vegetables, sandwiches, soups and entrées.
- Add ground or chopped meats to casseroles and soups.
- Grind nuts and add them to breading or sprinkle on top of pudding. Add chopped nuts to fruit salads.
- Mash avocado and mix it into salsa or other foods.

Recommended Foods

Milk and Milk Products

Whole milk and whole milk products:

- Cheese
- Creamed cottage cheese
- Yogurt

Meats

Any meat, fish, seafood, or poultry, but especially high-fat options:

- Bacon, sausage, 80% (or less) lean hamburger, bologna, spare ribs, hot dogs, salami
- Salmon
- Chicken or turkey with skin, dark meat

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Grains

Grain foods made with added fat:

- Muffins
- Granola
- Croissants

Vegetables

- Avocado and olives
- Any with added fat, cream, dips, or dressings

Fruits

- Any with added fat or sugar

Fat and Oils

- Butter/ Margarine
- Cream and half-and-half
- Cream cheese
- Mayonnaise
- Oils
- Salad dressings
- Sour cream
- Whipped cream

Beverages

- Nutritional supplement beverages
- Milkshakes
- Yogurt drinks
- Whole milk

Other

- Sugar and brown sugar
- Jam and jelly
- Syrup
- Creamed soups
- Candy, chocolate
- Pastries (donuts, pies, cookies, muffins)
- Sweetened condensed milk
- Gravy

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