

Increasing Calories in your Child's Diet

Austin's First Steps High Risk Follow-Up Clinic
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1. Olive or canola oil/butter- Cook with it; melt it over cooked meats; put it on bread products; add it to pasta or rice; sauté vegetables with it; add it to soups or hot cereals. Olive oil is the healthiest fat to add to foods. Oil: 50 calories per tsp. Butter: 45 calories per tsp.
2. Cream cheese/cheese/sour cream/mayonnaise- put on bagels, tortillas, crackers; add to creamy soups and casseroles; add to mashed potatoes; add to sauces and gravies; spread on fruits. Cream cheese/mayo: 50 cal per Tbsp. Cheese: 100 cal per ounce. Sour cream: 26 calories per Tbsp.
3. Heavy or whipped cream- substitute for milk in any recipe; add to sauces, soups, smoothies, puddings, mashed potatoes, pancakes/waffles/baked bread products, pureed vegetables, and cereals. 1 Tbsp: 51 calories.
4. Nonfat skim milk powder- It is nonfat, but contains calories, protein and carbohydrates. This can be added to baby food, baked goods recipes, mashed potatoes, whole milk (2 Tbsp per cup), soups, pasta sauce, macaroni and cheese, and casseroles. 1 Tbsp adds 33 cal and 1.5 grams protein.
5. Sauces and Gravies- add to meats, mashed potatoes, rice and pasta.
6. Eggs- are high in protein and pack a nutritional punch, containing many vitamins and minerals. Use heavy cream instead of milk to make scrambled eggs. An additional egg can be added to baked goods or breads can be dipped in it to make French toast. One egg: 80 calories.
7. Nut butters- As long as your child is old enough, does not have swallowing problems, and does not have allergies, nut butters such as peanut, almond or soy nut are high in calories and unsaturated fat. It can be used on crackers, bread, fruit or pretzels. 1 Tbsp of peanut butter provides about 95 calories.
8. Avocado/Guacamole- another great source of fat and calories. Avocado can be added to soups, sandwiches and pureed foods, as well as a dip for vegetables and chips. ¼ of an avocado is about 75 calories and 6 grams of unsaturated fats.
9. Granola bars- A great snack for underweight kids, these are full of calories and fat to pack on the pounds. Just make sure your child is age appropriate and can chew and swallow safely.
10. Hummus- Pureed chickpeas and oil, hummus is a great source of protein, calories, and fat. Add it to pureed foods for a thick, smooth consistency; eat it plain or with chips and crackers. One Tbsp: ~27 calories.
11. Dried fruits- as snacks, with breakfast, add to bread products. Adds 33 calories per Tbsp.
12. Smoothies-

Smoothie Recipes

The recipes below all contain as many calories or more than a typical supplemental drink (~250 calories/8oz), some provide a serving of fruit, and are cheaper to make than buying toddler formula. Smoothies should be pureed in the high quality blender to provide an even consistency. Adjustments can be made to the ingredients and amounts of each ingredient based on your child's preferences. Any fruit added to the smoothies can be fresh, frozen, or canned. To thicken any smoothie, add baby rice cereal, and to thin it out add more milk or cream.

Mighty Milk: ½ cup whole milk, ½ cup heavy cream (491 calories)

Mighty Milk (2): 1 cup whole milk, 3 Tbsp non-fat skim milk powder (250 calories)

Carnation Instant Breakfast: 1 cup whole milk, 1 packet Carnation Instant Breakfast (280 cal)

Vanilla Smoothie: ¾ cup whole milk, ¼ cup heavy whipping cream, 1 packet vanilla Carnation Instant Breakfast (653 calories)

Berry Banana Smoothie: ½ cup half and half, ½ cup whole milk yogurt, ½ c frozen fruit (270 cal)

Chocolate Peanut Butter Shake: 1 cup whole milk, 1 packet chocolate Carnation Instant Breakfast, 2 tbsp creamy peanut butter (660 calories)

Yogurt and Banana Smoothie: ½ cup vanilla whole milk yogurt, ½ cup whole milk, ½ medium banana, 1 Tbsp wheat germ, 1 Tbsp flax seed oil, 1 Tbsp protein powder (350 calories)

Coconut Milk Smoothie: ½ cup coconut milk, ½ cup fruit (300 calories)

Chocolate Banana Smoothie: ½ cup whole milk, ½ banana, ½ cup chocolate ice cream

Strawberry Banana Smoothie: ½ c whole milk, ½ c heavy whipping cream, 1 banana, 1 ¼ cup strawberries, ¾ c lemon sherbet, 2 Tbsp dry skim milk (499 calories)

Liquid Nutrition: Pediatric Supplement Options *these are meant to supplement food intake

Pediasure: Milk based, Lactose free (LF), Gluten free (GF). 237 calories per 8 ounces

Boost Kids Essentials 1.0: Lactose Free. 237 calories per 8 ounces

Boost Kids Essentials 1.5: LF. 355 calories per 8 ounces

Bright Beginnings Soy Pediatric Drink: Soy based, LF, GF, cows-milk protein free. 237 cal/8 oz

Pediasmart/Pediasmart Soy: LF. 237 calories per 8 ounces

Nutren Jr/Nutren Jr with fiber: LF, GF, 50:50 whey:casein protein ratio. 250 calories per 8 oz

Carnation Instant Breakfast (powder)*: GF. 280 calories when mixed with 1 cup whole milk

Carnation Instant Breakfast Juice Drink*: LF, GF. 163 calories per 5.5 ounces

Carnation Instant Breakfast Lactose Free*: LF. 250 calories per 11 ounces

Carnation Instant Breakfast Plus*: LF, GF. 375 calories per 8 ounces

Carnation Instant Breakfast VHC (Very High Calorie)*: LF, GF. 560 calories per 8 ounces

Resource Boost Breeze*: LF, GF. Juice based drink. 250calories/8 ounces

Scandishake*: GF. 600 calories when mixed with 8 ounces whole milk

Similac Go and Grow/Go and Grow Soy* 160 calories per 8 ounces

Enfagrow Toddler/Enfagrow Gentle Toddler/Enfagrow Soy Next* 160 calories per 8oz

Good Start Soy Plus 2/ Good Start Gentle Plus 2/Good Start Protect Plus 2* 160 cal/8oz

Parent's Choice Toddler and Older Infant* 160 calories per 8oz