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.

PLEASE CONSULT YOUR PEDIATRICIAN BEFORE PUTTING YOUR CHILD ON A HIGH CALORIE DIET.

NOTE: Do not give cow's milk products to infants <1 year old

Add these to foods to boost calories:

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

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

- Boost Plus ®, Ensure Plus ® 180 calories/ 4 oz.
- PediaSure ®, Boost ®, Ensure ® 120 calories/ 4 oz.
- Chocolate milk (whole) 100 calories/ 4 oz.

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

**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