



**McMaster
Children's Hospital**

How to boost your child's intake of calories (over the age of 12 months)

Your child needs to increase his or her weight. Here are some ideas to help add calories to meals and snacks.

Milk and milk products

Always use milk and milk products with the highest percentage of milk fat (% M.F.) listed on the label. Choose regular versus “light” products.

| Food | How to Use |
|--|---|
| Yogurt such as Minigo™ or Yoplait™ | <ul style="list-style-type: none"> • Use to top pancakes, waffles, cereal, can be a dip for fruits and vegetables. |
| Yogurt drinks such as Yop™ | <ul style="list-style-type: none"> • Use as is, or can be frozen and eaten as a popsicle. |
| Whipping cream (35 % M.F.) | <ul style="list-style-type: none"> • Add 1 to 2 tablespoons of 35% M.F. cream to each cup of homogenized milk. |
| Coffee cream (10 % M.F.) | <ul style="list-style-type: none"> • Mix equal parts of 10% M.F. cream with homogenized milk. Use in cereal or as a drink. |
| Nestlé Breakfast Anytime® | <ul style="list-style-type: none"> • Add Nestlé Breakfast Anytime® to homogenized milk. |
| Regular cream cheese or Cheese Whiz™ | <ul style="list-style-type: none"> • Spread cream cheese or Cheese Whiz™ on both slices of bread in a sandwich. |
| Regular cheese - block or processed slices | <ul style="list-style-type: none"> • Melt cheese on sandwiches, hamburgers, vegetables or casseroles. |

Meat and alternatives

| Food | How to Use |
|------------|---|
| Eggs | <ul style="list-style-type: none"> • Add an egg to oatmeal and cook to make porridge. |
| Baby food | <ul style="list-style-type: none"> • Add strained infant meat or ground or minced meats to soups, salads, quiches or omelets. |
| Sandwiches | <ul style="list-style-type: none"> • Make sandwiches with 2 slices of meat, plus 1 or 2 slices of cheese. Also use butter or margarine and spread on both slices of bread. |

Fats and Oils

| Food | How to Use |
|------------------------------------|--|
| Vegetable oil, butter or margarine | <ul style="list-style-type: none"> • Add vegetable oil, butter or margarine to foods when cooking. |
| Mayonnaise | <ul style="list-style-type: none"> • Add mayonnaise to salad dressing. • Use in sauces. • Add to sandwich fillings. |
| Regular sour cream | <ul style="list-style-type: none"> • Add sour cream, margarine to mashed and baked potatoes. |

Other helpful tips ...

- Offer “finger foods” that are easy to pick up.
- Use ketchup, barbecue sauce, ranch dressings or other higher calorie condiments as a dip. You may get a few extra bites of food.
- Before bedtime, offer a super shake or snack to have while reading a story together.
- Make muffins in the miniature cupcake tins. Children enjoy the small size and may eat several at a time.
- Be creative!

Recipes

Super Shake

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| Ice cream | 1 cup |
| Homogenized milk | 1 cup |
| Nestlé Breakfast Anytime® | 1 package |

Blend well. Serve in small cups.

Super Chocolate Shake

| | |
|---------------------------|---------------|
| Homogenized milk | ½ cup |
| Vanilla ice cream | 1 scoop |
| Chocolate powder or syrup | 2 tablespoons |
| Chocolate pudding cup | 1 cup |
| Whipping cream (35% M.F.) | 2 tablespoons |

Blend well. Serve in small cups.

Super Chocolate Pudding

| | |
|------------------------|----------------------|
| Homogenized milk | 2 cups |
| Vegetable oil | 2 tablespoons |
| Instant pudding | 1 package (4½ ounce) |
| Nonfat dry milk powder | ¾ cup |

Stir milk, oil and dry milk. Add pudding mix. Mix well. Pour into dishes of ½ cup servings and chill.

Super Pancakes

When making pancakes, add 4 eggs to the recipe instead of 1 or 2. Spread margarine or butter over cooked pancakes.

½ cup = 125 ml, 1 cup = 250 ml, ¾ cup = 175 ml, 1 tablespoon = 15 ml