

Calorie Boosters: Tasty Ideas for children one year or older

Your Kaiser Permanente Care Instructions

Consider these high calorie foods to offer or add to other foods.

Grains

Go easy on fiber- whole grains are healthy, but too much fiber can make a child feel too full.

- Mini bagels
- Waffles or French toast cut into sticks for “finger food”
- Cheese crackers
- Pasta with added butter or grated cheese

Dairy

Two to three 8 ounce cups of milk/day is enough.

- Full fat dairy products like whole milk, yogurt, cheese
- Flavored milk or Carnation Instant Breakfast[®] drink if your child refuses plain milk
- Yogurt as a dip for fruit
- Pudding made with whole milk
- Powdered milk added to liquid milk, pancake mix, pudding, milkshakes, smoothies, mashed potatoes, and hot cereal
- Egg nog
- Shredded cheese melted over vegetables, potatoes or pasta
- Fortified soy milk, rice milk, almond milk or Lactaid[®] are options if your child does not tolerate regular cow’s milk. Keep in mind these choices are often not as high in protein or calories as cow’s milk.

Protein

Protein doesn’t just come from meat.

- Peanut butter, almond butter, nuts/seeds*
- Scrambled eggs, quiche, egg salad
- Ground beef added to sauces/casseroles
- Stir-fried tofu
- Hummus spread on pita bread
- Breaded chicken or fish sticks
- Salmon
- Chicken or tuna salad
- Beans

Fruit

Limit fruit juice and sugary drinks– it can interfere with appetite for solid foods.

- Trail mix made with dried fruit and nuts*
- Frozen bananas and yogurt make a great smoothie
- Canned fruit in syrup

Vegetables

Boost the vegetables with more calories.

- Cooked vegetables with shredded cheese
- Pan-fried vegetables

- Sweet potatoes or winter squash with butter and sour cream
- Carrots or cucumber with ranch dip

Fats/Oils

Fats and oils for are important for brain development and are a great way to add calories.

- Avocado slices on a sandwich or serve guacamole as a dip
- Vegetable oil or melted butter on rice, noodles
- Cream cheese spread on crackers or bagels
- Cream instead of milk in recipes
- Ranch dip- children love to “dip”
- Tub margarine melted over veggies or spread on toast
- Mayonnaise spread on sandwiches

Sweets

You may allow some extra sweets as a calorie booster as long as they are not as substitute for other healthy foods.

- Add honey to oatmeal
- Spread jam/jelly on toast
- Serve maple syrup with waffles or French toast

***WHOLE NUTS AND SEEDS, AND THICKLY SPREAD PEANUT BUTTER CAN BE CHOKING HAZARDS FOR CHILDREN. CHILDREN UNDER FOUR ARE AT HIGHEST RISK.**

Additional Resources:

Kaiser Permanente Registered Dietitians

For more help, contact a Pediatric Dietitian by calling 303-614-1070 or 1-866-868-7112 (toll free) (TTY: 1-800-659-2656). Or visit kphealthyme.com.

Food Assistance

If you are concerned about not have enough food to feed your family, call the Hunger Free Hotline at 855-855-4626 to be connected with public and private food assistance programs in your area.

Resist The Food Fight: And In The End Everybody Wins—A Guide To Picky Eaters

Help your child to have a good appetite—don't allow “grazing” in between meals

Small children should have 3 meals and 3 snacks a day. Grazing (including breastfeeding) in-between meals can keep your child from coming to the table with a good appetite.

Avoid fruit juice and excess liquids

Juice can upset your child's appetite for solid foods. Also, continuously sipping on juice can be harmful to the teeth. Offer milk with meals and water in between meals.

Avoid mealtime battles

As a parent, your job is to choose:

- **When** meals and snacks will be served
- **What** will be served

Your child's job is to choose:

- **What** to eat
- **How much** to eat

Encourage- but don't force- children to eat or try new foods

Tell them they can spit out food if they do not like it. Try pairing a “new” food with a familiar food.

Do not use food as a punishment or reward

Also do not “bribe” your child to eat certain foods.

Do not be a “short order cook”

Always catering to food preferences can lead to picky eating.

Help children feel in control

Have your child to help with gardening, grocery shopping, planning and preparing meals.

Serve small portions

Your child can always ask for more.

Let your child to serve him/herself if they are able.

Encourage self-feeding to help them learn to eat on their own.

Keep meal time relaxed

Avoid distractions such as TV and toys at the table.

Eat together as a family. Set roots for a lifetime

You eat, you talk. You listen, you laugh, and you learn. Also, they eat healthier and see you role model eating and enjoying healthy foods.

Be patient

Don't give up—it can take 15–20 exposures for a child to accept a new food! Chewing the food and spitting it out is an exposure. Taste buds change over time and what they don't like today may be a favorite food tomorrow.

Remember, the goal is a lifetime of good, enjoyable eating.

Where can I learn more?

Books:

Child of Mine: Feeding With Love and Good Sense and How to Get Your Kid to Eat, But Not Too Much. Both books by Ellyn Satter.

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