

# **How to boost your child's intake of calories**

**(over the age of 12 months)**

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

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

## Meat and alternatives

Food	How to Use
Eggs	<ul style="list-style-type: none"> <li>• Add an egg to oatmeal and cook to make porridge.</li> </ul>
Baby food	<ul style="list-style-type: none"> <li>• Add strained infant meat or ground or minced meats to soups, salads, quiches or omelets.</li> </ul>
Sandwiches	<ul style="list-style-type: none"> <li>• 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.</li> </ul>

## Fats and oils

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

## 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

Ice cream	1 cup
Homogenized milk	1 cup
Carnation Breakfast Essentials®	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.

**Non-dairy alternatives** – substitute fortified soy milk for cow's milk

**For extra calories** – add nuts or seeds or their butters such as peanut, almond

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