

## BOOSTING CALORIES

Eating enough calories can help your child grow, heal or stop weight loss. It can be hard to increase calories without increasing the amount of food eaten. Here are some tips:

1. Offer at least 3 meals and 2-3 snacks every day. Avoid “grazing”, so your child is hungry for meals and snacks.
2. Give only small amounts (if any) of juice, soda or sweetened drinks.
3. Keep serving sizes small. Large servings can be overwhelming.
4. Let your child decide when they are done eating. Do not try to force them to eat more.
5. Turn off the TV or cell phone and eat with your child.
6. Limit milk to 16 ounces (2 cups) per day.
7. At meals and snacks offer foods first then offer the drink.

### Powdered milk

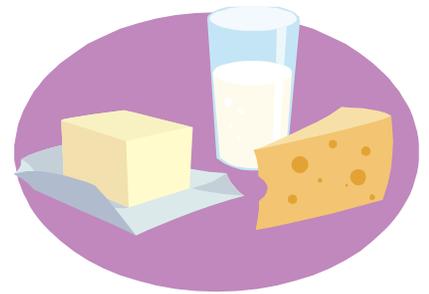
Add to casseroles, creamed soups, hot cereal, potatoes, pudding, milkshakes, yogurt and gravy  
Add 2-4 tablespoons to 1 cup milk

### Evaporated milk

Use in place of milk in cooking and hot cereals

### Cheese

Give as snacks or in sandwiches and salads  
Add to casseroles, potatoes and soups  
Melt over vegetables and eggs



### Peanut butter (children over 2 years old)

Serve on toast, bagels, tortillas and crackers (add some jam or jelly, too!)  
Spread on bananas and apples  
Use as a dip for fruits and vegetables  
Mix into ice cream, milkshakes and hot cereal  
Add to recipes such as crispy rice cereal treats

### Butter and margarine

Add to casseroles, pasta, sandwiches, vegetables and hot cereals  
Spread on cooked meats, fish and eggs

### Avocado

Add avocado slices to sandwiches and salads  
Use as a dip for vegetables, crackers or tortilla chips

### Eggs

Add cooked eggs to salads and sandwiches  
Serve eggs as a snack



### **Suggestions for high-calorie beverages – can serve for a snack or breakfast:**

- Instant breakfast drink (1 packet instant breakfast powder + 1 cup milk)
- Super shake: Blend 1 packet instant breakfast drink, 1 cup ice cream and 1 cup milk
- Fruit shake: Blend ½ cup fruit, 1 scoop ice cream and ½ cup milk. Use strawberries, blueberries, bananas, ripe peaches or nectarines, etc.

### **Suggestions for high-calorie snacks:**

- Cheese toast (1 ounce cheese on 1 slice whole wheat toast)
- Peanut butter and jelly sandwich with a small glass of milk
- Egg and cheese on a whole wheat bun
- Nachos with beans and cheese (tortilla chips with canned, refried or pinto beans and cheese)
- Peanut butter and banana on whole wheat toast
- ***Remember to make serving sizes age appropriate.***

### **Peanut Butter Snack Chow**

½ cup creamy peanut butter

½ teaspoon vanilla (optional)

¼ cup margarine or butter

9 cups Corn Chex (or similar cereal)

1 cup chocolate chips

1½ cups powdered sugar

Melt chocolate chips, margarine and peanut butter in microwave on medium. Stir in vanilla (optional). Pour over cereal and mix well. Put powdered sugar in a zipper plastic bag. Shake chocolate-covered cereal in the powdered sugar to coat.

### **Guacamole**

2 medium, ripe avocados

2 tablespoons onion, chopped finely

2 tablespoons fresh cilantro, chopped (optional, but really adds flavor)

1 tablespoon fresh lime juice

½ teaspoon garlic salt

1 medium tomato, chopped or ½ to ¾ cup canned diced tomatoes

Cut avocados lengthwise in half; remove large seeds. With spoon, scoop flesh from peel into a medium bowl. Discard peel. Add next 4 ingredients to avocado. Mash with a fork. Stir in tomato. Serve.



### **Ham and Cheese Quesadilla**

2 whole wheat tortillas

3 very thin slices ham (or use sliced, cooked, chicken or 2-3 Tablespoons drained, canned beans)

1/3 – ½ cup shredded Cheddar or Swiss cheese

Salsa, sour cream, avocado (optional)

Top 1 tortilla with 3 overlapping slices of ham. Sprinkle cheese over ham. Top with remaining tortilla.

Add quesadilla to skillet and heat over medium heat. Cook until bottom is slightly browned and crisp, about 2 minutes. With a spatula, turn quesadilla over to brown other side; about 1½ – 2 minutes longer.

Cool slightly and serve with salsa, sour cream or mashed avocado (for additional calories).

Servings: 1 adult or 2-4 child sized servings