

# High Calorie Diet for Children





# High Calorie Diet for Children

1

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Children who are not eating well, or who need a lot of calories, may have problems such as:

- Weight loss
- Failing to gain weight
- Tiring easily

To gain weight and have more energy, these children need to get more calories from food and beverages. It can be difficult to get a child to eat more; however, you can choose or serve foods that are higher in calories.

This booklet includes suggestions that can help to increase calories in your child's diet in order to gain and maintain weight.

## How to add more calories to a diet

Following are three basic things you can do to help your child get more calories from food:

### 1. Only eat during regular meals and snack times

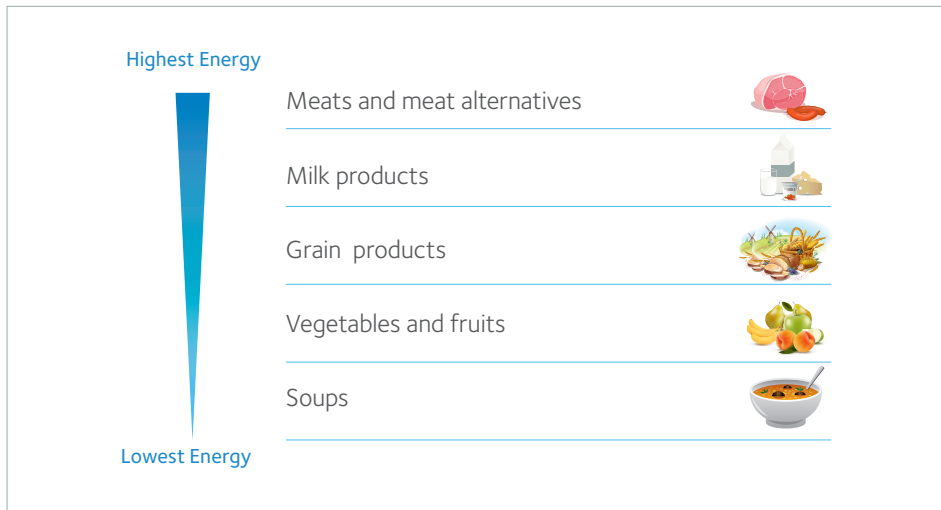
Have your child eat three meals and no more than three (3) snacks per day. Eating and drinking in between meals and snacks can reduce your child's appetite at meal times.

### 2. Choose foods that are higher in calories first, and lowest in calories last

The more calories a food has, the higher energy it provides to the body. Below is an image of different types of foods listed from highest to lowest calories.

# High Calorie Diet for Children

2



## 3. Add extra calories to foods and beverages

You can add more calories by adding fats or sugars to foods and beverages:

### a. Adding fats

An easy way to add calories to food is to add or cook with fats. This will also make the food taste better. Here are a few examples of fats you can add to all kinds of food:

#### Oils, creams and sauces

- Cheese sauce
- Oils (olive, corn, canola or sunflower)
- Salad dressings
- Sour cream
- Liquid whipping cream
- Avocado sauce (guacamole)
- Tahina paste

### Spreads

- Margarine
- Mayonnaise
- Sour cream
- Cream cheese
- Peanut butter
- Butter

#### b. Adding sugars

Sugars can add extra calories to your foods and beverages. Here are a few examples of sugars you can add to all kinds of food:

- Honey
- Jam
- Table sugar
- Dates syrup



# High Calorie Diet for Children

4

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## Energy boosting ideas for food groups

### 1. Meats and meat alternatives

#### **Meat, poultry and fish**

- Make sandwiches with two slices of meat and cheese and lots of spreads on both pieces of bread.
- Add small pieces of any cooked meat, chicken or fish to meals.

#### **Eggs**

- Add a raw scrambled egg to soup while the soup is cooking.

#### **Peanut butter**

- Spread peanut butter on sandwiches and desserts.
- Mix peanut butter with soft ice cream or yogurt.
- Use peanut butter as a dip for raw vegetables or fruit slices.

#### **Nuts and seeds**

- Serve nuts or seeds as snacks for children over four (4) years of age.
- Try rolling a banana in chopped nuts.
- Add chopped or ground nuts to breakfast foods, salads or desserts.

#### **Note:**

For children under the age of four years, only use ground nuts.



## 2. Milk and milk alternatives

Choose milk and milk products with a high percentage (%) of fat.

### **Milk**

- In recipes that call for water, use milk or cream instead.
- Add two (2) to four (4) teaspoons (tsp) of whole milk powder to one (1) cup of whole milk before using for drinking or cooking.

### **Whipped or sour cream**

- Add sweetened whipped cream to sweet breakfasts, desserts and hot or cold drinks.
- Use unsweetened whipped cream in soups, cereals or mashed potatoes.
- Use sour cream as a dip, or mix it with recipes or cooked food.

### **Cheese**

- Spread cream cheese on sandwiches, crackers, fruit or vegetables.
- Melt cheese on meat or vegetable dishes.
- Add grated cheese to main meals, sauces or baked goods.

### **Yogurt**

- Choose high fat yogurt.
- Spoon plain or sweet yogurt into fruits, desserts and breakfasts.
- Mix yogurt into milk drinks.

## High Calorie Diet for Children

6

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### Ice cream

- Add ice cream to drinks such as milkshakes or other milk-based drinks.
- Add ice cream to desserts.
- Try an ice cream sandwich. You can make one with cake slices, cookies, waffles or graham crackers.

### Try this fruit milkshake recipe!

Mix these items together in a blender:

- ½ cup of whole milk
- 2 tablespoons (tbsp) cream
- 1 pudding cup
- 1 scoop of ice cream
- 1 tablespoon of ground nuts
- ½ cup cut fresh fruits (peach, mango banana)
- You can also add chocolate syrup or powder.





### 3. Grain products

#### Breads

- Vary your choice from different kinds of breads, rolls, crackers and cookies. For example, try croissants or cheese bread.
- Look for bread and other baked goods with raisins, fillings or icing.

#### Cereals

- Choose sweetened cereals or granola, or look for cereals with dried fruit or coconut.
- Use granola in cookie, muffin and bread mixes.
- Add granola to fruit or desserts.
- Make hot cereal with whole milk instead of water.

### 4. Vegetables and fruits

#### Fruit

- Mix dried fruit with granola for a snack.
- Add dried fruit to puddings.
- Stir dried fruits into your recipes for baked goods.
- Instead of using water, make desserts with fresh mixed juices, such as banana, mango and orange.



### **Vegetables**

- Serve raw vegetables with dips, such as cheese, mayonnaise, humus and avocado sauce (guacamole).
- Serve cooked vegetables with butter and cream sauce.



**Dietetics and Nutrition Department**

 4025 3295

 hdietetics@hamad.qa

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 patienteducation@hamad.qa

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