

## **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<sup>®</sup> 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<sup>®</sup> 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](http://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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