

# High Calorie Foods for Toddlers

Boosting calories in your toddler's diet can be challenging. Therefore, the main goal is to make every bite count! The following guidelines will help you make the most of your child's meals.



- Fortify foods with fats such as butter, margarine, oil, cream cheese, mayonnaise, or half & half. Fats are calorie dense and essential for brain development during the first two years of life.
- Provide structured meals and snacks in order to avoid "grazing" (sipping & nibbling) throughout the day
- Always feed nutrient dense foods BEFORE liquids
- Avoid low calorie liquids such as juice and water
- Offer high calorie snacks so that your toddler gets the most out of snack time – think of snacks as mini-meals
- Use full-fat dairy products – milk, yogurt, cheese

## CHEESE



- Add shredded cheese to vegetables, pasta, rice, casseroles, sauces, and baked potatoes. Add extra cheese to pizza.
- Eat desserts with cheese (i.e., cheesecake, Danish, etc.)
- Provide string cheese or cheese and crackers for a snack

## EGGS

- Layer calories into scrambled eggs by making with half & half, cooking in butter, and adding cheese on top. If your child likes more flavor, serve with ketchup.
- Homemade French toast – dip bread in egg and half & half mixture, cook in butter.
- Egg salad & deviled eggs
- Add a sliced hardboiled egg to salads, sandwich fillings, casseroles, and creamed dishes

## PROTEIN-RICH FOODS

- Egnog – always select pasteurized egnog, never use raw eggs
- Whole milk yogurt – mix in 1-2 Tbsp. half & half
- Frozen pudding popsicles, pudding, custard
- Ice cream, milkshakes, frozen yogurt, chocolate milk
- Deli meat slices
- Small meatballs made from ground beef or turkey
- Homemade breaded chicken fingers or fish sticks
- Chicken salad with mayonnaise



## STARCHES

(ALL TOPPED WITH YOUR CHILD'S FAVORITE SPREAD!)

- Waffles, pancakes, French toast
- Muffins, croissants, doughnuts, cake, banana bread, raisin bread
- Mini bagels with cream cheese
- Pasta with olive oil or butter
- Potato salad with mayonnaise
- Bread sticks with hummus
- French fries, tater tots
- Crackers and cheese

## FRUITS AND VEGETABLES



- Pan-fried potatoes/homefries
- Fried zucchini, mushrooms, eggplant, and onion rings
- Peas, carrots, broccoli, etc. topped with cheese
- Cucumbers with ranch or sour cream dip
- Avocado slices
- Bananas
- Papaya and mango slices
- Raisins, craisins, dried apricots (diced small)



## Calorie Boosters: Tips for boosting energy intake



**Children's Hospital**  
London Health Sciences Centre

Food Item	Calories (per 15mL/1 Tbsp)	How to use it...
Honey*, Molasses, Brown sugar or Maple Syrup	60 calories	Add to cereal, fruit, or toast; add to milkshakes. <i>*Honey after 1 year of age</i>
Jam, Jelly	50 calories	Spread on toast, sandwiches, muffins, & crackers. Add to milkshakes or mix into vanilla icecream
Butter, Margarine	100 calories	Melt on potatoes, hot cereals, rice, noodles, cooked vegetables; stir into soups, baby foods, casseroles or sauces; spread freely on breads, sandwiches, toast, crackers, or rolls; mix with herbs and spread on meats, poultry, or fish.
Cooking Oil	100 calories	Use to fry/cook foods; add to rice/pasta casseroles. Mix with herbs into pasta salads or spread on meats, poultry, or fish.
Mayonnaise	100 calories	Spread on sandwiches or crackers; use in meat, fish, gelatin, or vegetable salads; add to dips, salad dressings, or sauces; use to make deviled eggs.
Whipped Cream, or Heavy/Whipping Cream (35% fat) (liquid)	55 calories	Serve it whipped on fruit, ice cream, pudding, gelatin, hot cocoa, or other desserts. Add the liquid cream to pancakes, waffles, or French toast batter; mix into cream soups, hot cereals, mashed potatoes, batters, puddings, or custards.
Cream Cheese or Cheese Spread	50 calories	Spread on fruit slices or raw vegetables, bread, toast, or crackers; spread on slices of sausage or luncheon meat and roll as a snack; cook into scrambled eggs; add to gelatin molds; use flavoured cream cheeses to add variety.
Sour Cream	30 calories	Add to any style of cooked potatoes, rice, pasta, or vegetables; use as a dip for raw vegetables or fruits; mix into soups, bread, muffin batter, casseroles, and sauces instead of milk; salads and salad dressings.
Peanut Butter*	90 calories	Spread on toast, crackers, muffins, and sandwiches. Mix into ice cream or milkshakes. <i>*Peanut butter after 1 year of age (up to 2-3 years if allergy history in family)</i>
Cream ½ and ½, (10-18% fat) or Whole Milk	28 calories	Use in place of milk or water in soups, sauces, batters, cocoa, custards, pudding, shakes, mashed potatoes, or cooked cereals; use on cold cereals.



## **Children's Hospital** London Health Sciences Centre

### **Clinical Nutrition**

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### **High Calorie Snacks:**

#### **Mini pizza**

English muffin topped with tomato sauce, mozzarella cheese, and any meats or veggies (heat in microwave)

#### **Yogurt Parfait**

High fat or greek yogurt with fresh or canned fruit (in heavy syrup), topped with granola and honey

#### **Cracker Sandwiches**

Crackers topped with cheddar cheese and lunch meat

#### **Tortilla chips & guacamole**

Chips with ready made or homemade guacamole for dipping

#### **Flatbread & dips/hummus**

Flatbread, pita bread, naan bread with creamy dips, hummus, etc. for dipping

#### **Cream Cheese Pinwheels**

Cream cheese and grated cheddar cheese spread on flatbread, rolled up and sliced (warm if desired)

#### **Veggies & (high calorie) Dip**

Assorted veggies with a dip made with sour cream, mayonnaise, cottage cheese

#### **Nut butters on bread/crackers**

Peanut butter, almond butter, cashew butter, etc. spread on bread, toast, or crackers

#### **Commercially prepared nutrition**

supplements - Pediasure®, Kid Essentials®, Kid Essentials 1.5®  
Carnation Breakfast Anytime®

#### **Granola Bars, Trail Mix, Dried Fruit**

#### **Mini Quiches**

Use mini tart shells, egg, vegetables, high calorie cheese and 35% fat liquid cream



**High-calorie Recipes:**

**Chocolate-Peanut Butter Shake**

1070 calories

1/2 c. heavy whipping cream

3 Tbsp creamy peanut butter

3 Tbsp chocolate syrup

1 1/2 c. chocolate ice cream

Blend in blender.

**Strawberry Crush**

640 calories

2 c. frozen strawberries

1/2 c. crushed pineapple

1/2 c. water

1/2 medium banana

6 Tbsp Sugar

1/4 c. lemon juice

2 Tbsp Honey

Blend in blender.

**Peaches and Cream**

630 calories

1 c. milk

1 c. canned peaches

1 c. vanilla ice cream

1/4 tsp Salt

1/4 tsp vanilla

Blend in blender.

**Apple Pie a la Mode**

525 calories

1 c. apple pie filling

1/2 c. milk

1 c. vanilla ice cream

1 dash of cinnamon

Blend in blender.

**High-Calorie Breakfast Shake**

505 calories

1 c. half & half

1 packet Instant Breakfast

3/4 c. ice cream

Blend in blender.

**Orange Sherbet Shake**

480 calories

3/4 c. orange sherbet

2 Tbsp corn syrup

1/2 c. 7-Up

2 Tbsp corn oil

Blend in blender.

**Old-fashioned Milkshake**

420 calories

1 c. whole milk

1 c. ice cream

Blend in blender.

**Hot Chocolate**

416 calories

3 oz. milk chocolate

1/4 tsp vanilla

1 tsp butter

1 c. half & half

Melt chocolate and butter. Add vanilla and slowly stir in half & half, small amounts at a time. Reheat to desired temperature.

**Super Milk**

510 calories

1 packet Carnation Instant Breakfast™

1 c. whole milk

1/4 c. 35% whipping cream

**Super Pudding**

Instant pudding 1 pkg

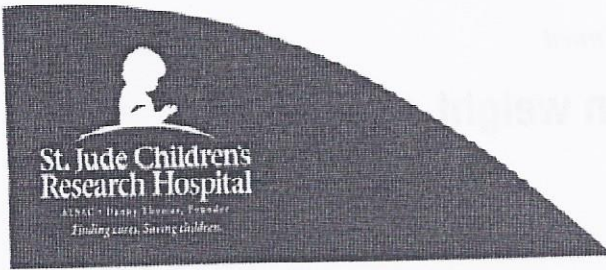
2 cups whole (3.5% fat) milk

2 tbsp oil

3/4 cup powdered non-fat (skim) milk

Blend together, refrigerate until firm

4 servings - 225 calories per serving.



# Do you know...

An educational series for patients and their families

## How to help your child gain weight

If your child needs to gain weight here are some ways to help add extra calories. Try to encourage smaller, more frequent meals with foods that have lots of nutrients.

### Dairy

- Try whole milk, flavored milk, buttermilk, hot cocoa, or milkshakes with meals.
- Use milk or "Half and Half" instead of water to make soups and hot cereals.
- Make high calorie milk by mixing 2 TBSP of dry powdered milk into every cup of milk.
- Have ice cream or regular yogurt for snacks and desserts. Top off waffles or pancakes with ice cream, whipped cream, or fruit toppings.
- Add whipping cream to pies, fruit, pudding, Jello, hot cocoa, and other desserts.
- Serve heavy cream with fruits (peaches n' cream, strawberries n' cream, etc.)
- Add sour cream to potatoes, casseroles, dips, vegetables, fruit, beans, and soups.
- Add cream cheese to spreads and cheesecake, or put it on crackers.
- Mix cheese with almost everything.
  - Melt cheese in scrambled eggs or on fried eggs.
  - Melt cheese on hamburgers and add it to other meat sandwiches.
  - Melt cheese onto meatloaf, spaghetti, pizza, and casseroles.
  - Melt cheese onto baked potatoes, mashed potatoes, and other vegetables.
  - Add cheese to salads, soups, and chili.
  - Melt cheese onto bread, biscuits, rolls and cornbread.
  - Serve cheese dip with chips or vegetables (broccoli, cauliflower, etc.)
- For any recipe that calls for milk use one of these instead: Ensure/Boost, Ensure Plus, whipping cream (heavy cream or light cream), whole milk, or fortified milk.
- Fruit shakes and smoothies can be made with juice or Boost Breeze in place of milk.

*This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.*



## *Do you know...* continued

### How to help your child gain weight

#### Meat

- Put extra meat on sandwiches.
- Have extra helpings of meat at meals. Eat the meat first and eat less of other food.
- Add chopped, cooked meats to soups, salads, pizza, macaroni and cheese, and pasta dishes.
- Add extra eggs to meat, casseroles, etc.
- Serve peanuts as snacks (trail mix), in cereals or breads, and on desserts.

#### Peanut butter

- Put extra peanut butter on sandwiches, bagels, and biscuits.
- Spread onto cookies, vanilla wafers, graham crackers, granola bars, pretzels, and crackers.
- Add peanut butter to pancakes, French toast, and waffles before pouring on the syrup.
- Put peanut butter on fruits and vegetables (apples, bananas, pears, celery, carrots, etc.).
- Make peanut butter milkshakes.

#### Fat

- Use butter, margarine, or oil.
  - Add it to soups, vegetables, mashed potatoes, cooked cereal, pudding, rice, pasta, and casseroles.
  - Spread extra onto rolls, biscuits, cornbread, sandwiches, and toast.
- Add salad dressings such as Ranch to vegetables, potatoes, and salads.
- Add extra mayonnaise to sandwiches, tuna salad, egg salad, chicken salad, and ham salad.
- Add gravy to potatoes, vegetables, rice, pasta, and meats.
- Add extra frosting to fruit, cookies, cakes, graham crackers, and other desserts.
- Fry meats and vegetables instead of baking or roasting them.

Try the high calorie recipes below as snacks or as part of a meal.

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## *Do you know...* continued

### How to help your child gain weight

#### **Smoothie**

½ cup soft silken tofu (or soy milk)

¾ cup milk

2 TBSP peanut butter

2 frozen bananas, sliced

1 tsp. honey

Combine tofu and milk in blender. Add remaining ingredients and blend until smooth.

#### **Peanut Butter Snack Spread**

1 TBSP instant dry milk

1 TBSP honey

1 tsp. water

3 heaping TBSP peanut butter

Combine dry milk, water and vanilla, stirring to moisten. Add honey and peanut butter, stirring slowly until liquid begins to blend into peanut butter. Spread between graham crackers or saltine crackers. The spread can also be formed into balls, chilled and eaten as candy. Keeps well in refrigerator, but is difficult to spread when cold. Makes 1/3 cup.

#### **Dreamsicle**

1 cup orange sherbert

1 cup milk

1 package vanilla Carnation Instant Breakfast or Scandishake

Blend together.

#### **Fruit Dip**

8 oz. cream cheese, softened

8 oz. vanilla flavored yogurt or pudding

1/3 cup brown sugar

½ tsp. cinnamon

Blend until smooth. Serve with fruit.

#### **Easy Fruit Dip**

8 oz. container marshmallow cream

8 oz. cream cheese (any flavor)

Combine ingredients. Microwave 30-60 seconds to make it easier to combine.

Serve with your favorite fruit.

#### **Vegetable/Cracker Dip**

1 large container of sour cream

1 packet (dry) onion soup mix

OR

1 packet (ranch-style) dry salad dressing

Mix well and serve.

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