

HIGH CALORIE DIET FOR SCHOOL AGE CHILDREN AND TEENS

Diet principles:

1. Do not skip breakfast. Try to eat three meals and two to three snacks each day.
2. Eat high calorie foods whenever possible, or add fats or sugars to lower calorie foods to increase caloric content.
3. Avoid diet foods and beverages, you need calories!
4. Try adding a substantial bedtime snack such as a Nutritional Supplement, a homemade shake, smoothie or a bowl of ice cream.
5. Use high protein milk or whole milk as a beverage or add to foods such as soups, puddings and cereals. See recipe for super milk.
6. Use extra gravies, sauces and high calorie condiments whenever possible.
7. Write down what you eat and drink and record and count the calories.

Add calories:

Use super milk whenever you use milk. Add 1 cup of instant nonfat dry milk powder to 1 quart of whole milk, mix well and chill. This will provide 26 calories per ounce or 210 calories per cup. Super milk can be added to soups, cereals, potatoes, casseroles and baked goods requiring milk.

Add Powered Instant Breakfast to whole milk, shakes, smoothies and yogurt.

Use cheese! Put it on your burgers and sandwiches. Shred it and put over potatoes, meats, rice, pasta, vegetables and salads. Put cream cheese on bagels, toast, celery and crackers.

Put whipped cream on puddings, hot chocolate, fruit, gelatin and ice cream.

Add whole milk yogurt to shakes, smoothies or to top pancakes, waffles or cereals. Eat it as a snack.

Add diced meats, fish, poultry or hard cooked eggs to salads, casseroles, soups, omelets and noodles.

Use more breaded and fried foods such as chicken nuggets, battered fish, tempura, fries and onion rings.

Add extra eggs to batters.

Spread peanut butter on crackers, fruits, or celery. It is also good blended into shakes.

Add fruit to yogurt or ice cream. Blend fruit into shakes.

Add dried fruit such as raisins, into muffins, breads and cereals,

Dip vegetables, chips or crackers into Ranch Dressing or Onion Dip.

Make gelatin with juice instead of water.

Mix butter or margarine into hot foods.

Use extra mayonnaise in salads, and on sandwiches.

Add nuts to desserts, salads and ice cream or use as a snack.

Use avocado in salads, soups, and sandwiches or as a dip.

Supplements:

Boost or Boost Plus by Mead Johnson

Ensure or Ensure Plus by Ross

Instant Breakfast Drinks

Beneprotein Instant Protein Powder by Resource

Polydose powder by Ross

Resource Fruit Beverage by Novartis

NuBasics clear Liquid Drink by Nestle

Kaiser Permanente Santa Clara, Pediatric Gastroenterology, Barbara
Dodson, MSRD