

HIGH CALORIE FINGER FOOD

Kaiser Permanente Pediatric Rehabilitation

PROTEIN FOODS

- Soft cheese in strips/squares (American, Monterey Jack, Swiss, Gouda)
- Softer cheese mixed with fruit (Cottage Cheese, Ricotta)
- Cream cheese and cheese spreads on crackers
- Pudding and custard
- Yogurt (fruited or frozen)
- Pasta (macaroni & cheese, ravioli, spaghetti with extra cheese, butter)
- Small meatballs
- Moist chicken pieces with extra gravy/broth or breading, creamy dips
- Ground turkey mixed with mashed potatoes
- Ground or minced ham, sausage
- Tuna with mayonnaise
- Strips of luncheon meat
- Peanut butter on anything. **DO NOT SERVE PEANUT BUTTER ALONE**
- Eggs (scrambled with cheese, deviled, cut in slices, mixed with mayonnaise)
- Mashed refried beans
- Tofu (mixed with vegetables, eggs, ground meat, peanut oil, soy sauce)
- Fish sticks
- Finger sandwiches (chicken salad, grilled cheese, peanut butter & jelly)
- Tahini (sesame see paste on crackers, bread)
- Milkshakes and high protein flavored milk
- Baby meats added to soup

FRUIT AND VEGETABLES

- Bananas (slices mixed with peanut butter)
- Canned fruit rolled in graham cracker crumbs (pears, peaches)
- Avocado slices or mashed with mayonnaise/lemon
- Kiwi fruit (sliced or mashed)
- French fries and tator tots
- Soft cooked vegetables (with added margarine, sour cream, mayonnaise, gravy or salad dressing)
- Soft fruit and whipped cream or fruit yogurt

STARCHES

- Top ramen soup with added ground meat, eggs, vegetables. Do not use all of the flavor packet – too high in sodium
- Croissants cut up
- Graham cracker with added peanut butter, cream cheese
- Pancakes with margarine and syrup
- Waffles with margarine, syrup, or fruited yogurt or whipped cream/soft fruit
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- Hot cereal with whole milk or evaporated milk and butter
- Small muffins with butter, or tops dipped in butter and sugar