

# Calorie-Protein BOOSTER

--- Some ways to hide extra calories and protein---

## **Powdered Milk** (33cal/tbsp, 3 gm pro/tbsp)

Add 2-4 tbsp to 1 cup milk. Mix into puddings, potatoes, soups, ground meats, vegetables, cooked cereal.

## **Eggs** (80cal/egg, 7 gm pro/tbsp)

Add to casseroles, meat loaf, mashed potato, cooked cereal, macaroni & cheese.

Add extra to pancake batter and French toast. (Do not use raw eggs in uncooked items.)

## **Butter or margarine** (45 cal/tsp)

Add to puddings, casseroles, sandwiches, vegetables, cooked cereal.

## **Cheeses** (100 cal/oz, 7 gm pro/oz)

Give as snacks, or in sandwiches. Add melted to casseroles, potatoes, vegetables, soup.

## **Wheat germ** (25 cal/tsp)

Add a tablespoon or two to cereal. Mix into meat dishes, cookie batter, casseroles, Etc.

## **Mayonnaise or Salad Dressings** (45 cal/tsp)

Use liberally on sandwiches, on salads, as a dip for raw vegetables or sauce on cooked vegetables.

## **Evaporated milk** (25 cal/tbsp, 1 gm pro/tbsp)

Use in place of whole milk, in desserts, baked goods, meat dishes and cooked cereals.

## **Sour Cream** (26 cal/tbsp)

Add to potatoes, casseroles, dips; use in sauces, baked goods, etc.

## **Sweetened condensed milk** (60 cal/tbsp, 1 gm pro/tbsp)

Add to pies, puddings, milkshakes. Mix 1-2 tbsp with peanut butter and spread on toast.

## **Peanut butter** (95 cal/tbsp, 4 gm pro/tbsp)

Serve on toast, crackers, bananas, apples, celery.

## **Carnation Instant Breakfast** (130 cal/pckt, 7 gm pro/pckt)

Add to milk, milkshakes.

## **Gravies** (40 cal/tbsp)

Use liberally on mashed potatoes, meats

### **High Protein Foods**

- \* MEATS- Beef, chicken, Fish, Turkey, Lamb
- \* MILK & CHEESE- Yogurt, Cottage Cheese, Cream Cheese
- \* PEANUT BUTTER- (with Bread or Crackers) \* EGGS
- \* DRIED BEANS & PEAS- (with Bread, Cornbread, Rice)

# Practical Strategies to Increase Energy Intake

When children need to have more energy (calories) consider their developmental level and any oral-motor problem. Some ideas presented below may not be suitable for children with food allergies. You may want to consult with a pediatric registered dietician (RD) to help in the selection of foods appropriate for your child.

## I. FOOD SELECTION:

- a. Choose high calorie nutrient-dense foods. Examples: (1) whole or 2% milk versus skim milk, or a selection of yogurt with some fat and sugar (2) serve a cracker with margarine or peanut butter rather than plain (3) if a child, due to oral-motor problems, needs strained infant foods for a period of time select the higher kilocalorie fruits and vegetables; use these to mix with strained meats if appropriate.
- b. Include at least one food the child enjoys at each meal.
- c. Consider feeding ability and texture preferences for children who may have oral-motor problems
- d. Offer high calorie snacks, but limit the use of snacks high in fat since fat remains in the stomach longer than other nutrients and can cause a decrease in appetite.

## II. FOOD PREPARATION:

- a. add fats (butter or margarine, mayonnaise), carbohydrates (sugar, honey\*) or carbohydrate/protein (nonfat dry milk powder) to meats, vegetables, soups, hot cereals, sandwiches, breads, and individual servings of casseroles.
- b. use whole milk or half and half on hot and cold cereals or to make soups or sauces.
- c. serve vegetables with cheese or cream sauces.
- d. allow the child to participate in simple snack or meal preparation tasks.

## III. FOOD SERVICE:

- a. serve food at regular times each day.
- b. offer young children meals/snacks 4-6 times daily every 2-4 hours; consider use of daily bedtime snack.
- c. provide a variety of foods that look and taste good.

- d. do not allow child to nibble food or drink beverages throughout the day; this may decrease the child's appetite or not allow him/her to feel "hungry".

## IV. MEALTIME

### ENVIRONMENT:

- a. relax during mealtime; allow the child to determine the amount they eat.
- b. talk about new foods you may offer; use them when a child is hungry.
- c. do not force or bribe a child to eat.

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## HIGH CALORIE FOODS FOR CHILDREN AS THEY BEGIN TO EAT TABLE FOODS

Yogurt	tuna or meat salad
Pudding	liverwurst
Cottage cheese	scrambled egg
Pancakes	cheese
French fries	mashed avocado
Hot cereal made with milk, margarine added.	

Information adapted from Adams E Nutrition for the Young Child with Bronchopulmonary Dysplasia (BPD), NUTRITION FOCUS for children with special health care needs. 6(3): May/June 1991.

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## WAYS TO INCREASE ENERGY AND PROTEIN INTAKE USING FOODS

This section is adapted from Richard K. et al. Nutritional Strategies for Children with Cancer, NUTRITION FOCUS for children with special health care needs. 6(5) Sept/Oct 1991.

## I. MILK AND DAIRY PRODUCTS

### WHOLE MILK OR CREAM

- Use whole milk as a beverage with each meal

- Add "instant breakfast" or other flavorings (e.g., chocolate syrup, strawberry powder) to whole milk
- Substitute whole milk or cream for water in soups, cocoa, pudding
- Add to milkshakes: fresh, canned or frozen fruits, cocoa mix, honey, sugar, spices, flavorings, instant breakfast powder
- Add cream to cereals, gelatin and stewed or canned fruits in heavy syrup
- Add dry milk powder to beverages, casseroles, cream soups, puddings and other desserts that are milk-based; use in limited quantities especially for children less than two years of age since too much powdered milk may place an increased burden on the kidneys due to the high protein content.

### Examples

1-2 tablespoons to 1 cup cooked cereal.

1 tablespoon to ½ mashed potatoes

½ cup to 1 pound ground meat

1-2 tablespoon to milkshakes

- High protein milk- (if tolerated): add 1 cup nonfat dry milk powder to 1 quart of whole milk. Drink or use to prepare cooked cereals, soup pudding, custard, or sauces. This should not be used with infants.

(High protein milk originally appeared in Cowell C. Children with AIDS Living at Home: A Challenge for a Community Support Team, NUTRITION FOCUS for children with special health care needs 4(5): Sept/Oct 1998.)

## CHEESE

- Eat as a snack
- Add to sandwiches, eggs, salads, casseroles, vegetables, soups, sauces, pasta, grains and dip
- Mix with meatballs and meatloaf
- Melt on sandwiches, hamburgers, hot dogs, vegetables, eggs
- Serve regular cream cheese with breads, crackers, and muffins
- Mix cottage cheese with jams, jellies, preserves and honey. Serve with cooked or canned fruits in heavy syrup

\*Do not use honey if the child is less than 1 year of age.

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‡ Adapted from recipes developed and tested in children with cancer by Lynn Baltzer, R.D. Ph.D. and Nancy Marchett White, R.D., MS In cooperation with Karyl Rickard, R.D., Ph.D. at James Whitcomb Riley Hospital for Children, Indiana University Medical Center, Indianapolis, IN, 46223 5200. Originally appeared in Rickard K et al. Nutritional Strategies for Children with Cancer, NUTRITION FOCUS for Children with special health care needs 6(5): Sept/Oct 1991

# Practical Strategies to Increase Energy Intake

## ICE CREAM

- Use as is or add to beverages (milkshakes, floats)
- Add to desserts like cake, cookies, pie, graham crackers

## PLAIN OR FRUITED YOGURT

- Serve for snack or dessert
- Top with cereal, dried fruits and nuts
- Add to milk-based beverages and gelatin dishes

## II. FRUITS AND VEGETABLES

### FRUITS

- Serve with meals or snacks
- Fresh fruits may be served with dip, peanut butter, or cream cheese
- Serve canned or cooked fruits with whipped cream, frozen whipped topping or ice cream
- Add dried fruits to cereal, puddings, and in baked goods
- Serve fruit pies and tarts with sliced cheese or ice cream
- Use less water in reconstituting frozen fruit juice, use 1 or 2 cans of water versus 3; may also freeze this mixture into popsicles

### VEGETABLES

- Most are low in calories, thus, add butter or margarine, cheese, cream sauce, eggs, crumbled bacon or bacon bits
- Add cheddar cheese soup and other cream soups (undiluted) for cooking vegetables

## III. MEAT AND OTHER PROTEIN FOODS

### MEAT, FISH AND POULTRY

- Serve as an entrée (breaded, fried, sautéed in oil or margarine, or served with gravy or cream sauce)
- Cold cuts and hot dogs may be served as meals or snacks with added cheese
- Add ground meat or cut-up pieces to soups, salads, casseroles, sauces, omelets
- Add cream soups for cooking meat and casseroles

## PEANUT BUTTER

- Spread on breads, muffins, crackers, fruit slices, waffles, pancakes
- Use as dips for fresh vegetables
- Blend with milk and/or ice cream to make a beverage

## EGGS

- Serve with meals cooked in different ways
- Add cooked eggs to salads or vegetables
- Mix raw eggs into meatloaf, meatballs, hamburger and casseroles to be cooked

**NOTE:** Only cooked eggs should be eaten to prevent the risk of salmonella infection.

## DRIED BEANS AND PEAS

- Use in soups, casseroles, pasta and grain dishes
- Serve baked beans with franks or top with crisp bacon

## IV. BREADS AND GRAINS

### CEREALS

- Serve for breakfast or snack
- Add butter/margarine, sugar, honey, or dried fruits or nuts to cold cereals
- Cook hot cereals in whole milk, fortified milk, half-and-half or cream

### BREADS/CRACKERS

- Spread with butter, mayonnaise, sandwich fillings, cheese spreads, jam/jelly, apple butter
- Add butter/margarine, cream, milk, cheese to starches (white or sweet potatoes, rice, pasta, noodles)
- Add to baked potatoes: sour cream, cheese, bacon bits
- Serve French fries, tater tots, hash browns, fried rice, eggrolls

## RECIPES FOR HIGH CALORIE NUTRITIOUS FOODS

### CHEESE PUFF COOKIES

3 cups (1/2 pound) grated Cheddar or Swiss cheese  
3/4 cup flour  
2 tablespoons butter or margarine  
2 tablespoons water  
cornmeal

Preheat oven to 400 degrees. Mix cheese, flour, butter and water (add more water as needed to make a stiff dough). Roll dough into small, (3/4 inch) balls. Sprinkle cookie sheet one inch apart. Bake until lightly browned (10 to 15 minutes). Cool, and serve warm or cold. Cheese puffs can be frozen.

Yield: about 24 puffs; two puffs equal one serving providing 120 kilocalories and 5.4 grams protein. Adapted from Nutrition and Dental Health Consortium's booklet SUPER SNACKS, Washington State Department of Health, ET-12, Olympia, WA 98504-0095.

### PEANUT BUTTER DRINK

1 cup whole milk  
1 tablespoon sugar or honey\*  
2 tablespoons peanut butter

Mix in blender. Yield: one serving providing 385 kilocalories and 18 grams of protein

### BANANA NOG

1 peeled banana  
1/2 cup orange juice  
1/2 cup whole milk

Slice banana. Mix all ingredients in blender. Yield: one serving providing 235 kilocalories and 6 grams of protein.

### ORANGE MILKSHAKE

1 cup whole milk  
1/2 cup frozen orange juice concentrate  
1 tablespoon sugar

Mix in blender. Yield: one serving providing 422 kilocalories and 11 grams of protein.

### INSTANT BREAKFAST DRINK

1 package instant breakfast powder  
1 cup whole milk  
2 tablespoons peanut butter  
1/2 cup fruit  
1/4 cup dry baby cereal

Mix high speed in blender until smooth. Yield: two 6 ounce servings; each serving provides approximately 300 kilocalories and 12 grams of protein.

From Shaddix T Nutritional Implications in Children with Cerebral Palsy: NUTRITION FOCUS for children with special health care needs 6(2): Mar/April, 1991

# Practical Strategies to Increase Energy Intake

## MILKSHAKE WITH INSTANT BRAKFAST

1 ½ cups regular vanilla ice cream  
¼ cup whole milk  
1 package instant breakfast powder

Mix all ingredients in blender until smooth. Yield: two 6 ounces servings; each serving provides 286 kilocalories and 7 grams of protein.

## PEANUT BUTTER SPREAD

Mix together 2 parts peanut butter to 1 part non-fat dry milk for a spread to use on breads, toast, or crackers.

## HIGH CALORIE CREAM OF VEGETABLE SOUP

One 4 ounce jar steamed vegetables (or ½ cup pureed cooked vegetables) 1 tablespoon margarine or butter  
1 cup whole milk

Mix together. Heat over low heat until warm. Yield: two ¾ cup servings; each serving provides approximately 120 kilocalories and 4.5 grams protein.

## BAKED CUSTARD

3 eggs, slightly beaten  
½ cup sugar  
¼ teaspoon salt  
½ cup evaporated milk  
1 ½ cups whole milk  
½ teaspoon vanilla  
Nutmeg  
6 tablespoons wheat germ

Preheat oven to 325. Combine eggs, sugar and salt; add milk and vanilla. Pour into 1-quart casserole and sprinkle with nutmeg. Place in pan of hot water. Bake for 45 minutes or until knife comes out clean. Sprinkle each serving with 1 tablespoon wheat germ. Yield: six ½ cup servings; each

serving provides 195 kilocalories and 8 grams of protein.

Adapted from Shaddix T Nutritional Care for the Child with Developmental Disabilities – Promoting Weight Gain 1984.

## PEANUT BUTTER BALLS

½ cup peanut butter  
3 tablespoons dry milk powder  
2 teaspoons honey\*

Combine all ingredients and roll into balls. If desired, roll in chopped nuts, wheat germ, coconut, etc. Store in refrigerator. Yield: 8 one inch balls; each ball provides 108 kilocalories and 5.5 grams of protein.

*NOTE:* Mashed banana may be added for variety and extra calories.

## CHOCOLATE COVERED GOODIE BALLS‡

1 cup peanut butter  
¼ cup honey\*  
2 packages vanilla instant breakfast powder  
2/3 cup chocolate chips  
1 tablespoon vegetable oil

Mix peanut butter and honey. Add instant breakfast. Blend well and roll into 1-inch balls. Refrigerate prior to serving plain or dipping in chocolate. Chocolate coating: Melt chocolate chips in double boiler with oil. Dip balls in chocolate. Refrigerate until chocolate becomes solid. Yield: Makes 16 balls. One plain ball provides 127 kilocalories and 5.5 grams protein. One covered ball provides 180 calories and 6 grams protein.

## YUMMY PUDDING‡

2 cups whole milk  
2 teaspoons vegetable oil  
1 package (4 servings size) vanilla instant pudding (or any flavor)  
2 packages vanilla instant breakfast (or any flavor)

Add vegetable oil to milk. Mix liquids, pudding and instant breakfast together following directions on pudding package. Yield: four ½ cups servings; one serving provides 250 calories and 8 grams protein.

## PUDDING WITCHES‡

(Note: the filling can also be served alone as pudding)

½ cup creamy peanut butter  
1 ½ cups whole milk  
1 package (4 serving size) instant pudding (any flavor)  
24 graham crackers (2 ½ inch square)

Add milk gradually to peanut butter in deep narrow bowl blending until smooth. Add pudding mix. Beat slowly with hand beater or at lowest speed of electric mixer until well blended, about 2 minutes. Let stand 5 minutes. Spread filling ½ -inch thick on 12 crackers. Freeze until firm about 3 hours.

Yield: approximately 12 sandwiches; one sandwich provides 170 calories and 5 grams of protein. Yield for pudding: approximately five ½ cup servings; each serving provides 270 kilocalories and 10 grams of protein.

## PEANUT BUTTER POPCORN‡

8 cups –popped corn  
½ cup sugar  
½ cup light corn syrup or honey  
½ cup (chunky) peanut butter  
½ teaspoon vanilla

Pop popcorn; add butter and salt. Cook sugar and corn syrup to a rolling boil. Remove from heat and add the peanut butter and vanilla. Pour over popcorn and stir to coat. Yield: approximately eight cups; each cup provides 240 calories and 5 grams protein.

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