

Calorie Boosting

For some children, adding extra calories to the diet is necessary to support growth. The following suggestions may help boost your child's calorie intake. Food allergies must be considered when choosing calorie boosters. Be careful about adding too much protein, especially for children under two or children with complex medical conditions. A visit with a registered dietitian may also be useful.

Consider mixing these supplemental calories into foods your child already eats. Be creative and vary taste and texture.

- Spread on crackers, fruit, vegetables, or baked goods.
- Mix into soups, casseroles, pasta, rice, puddings, macaroni and cheese
- Mix into potatoes, gravy, oatmeal or cereal, scrambled eggs
- Make a smoothie or milkshake in the blender
- Mix into hot chocolate or milk drinks

Protein

- Peanut butter-----94 calories per tablespoon
- Sprinkled cheese-----120 calories per ounce
- Powdered milk-----25 calories per tablespoon
- Egg yolk-----60 calories each

Grains

- Wheat germ-----25 calories per tablespoon
- Granola-----115 calories per ounce

Fats

- Cream cheese-----50 calories per tablespoon
- Whipping cream-----50 calories per tablespoon
- Sour cream-----25 calories per tablespoon
- Ice cream-----17 calories per tablespoon
- Mayonnaise-----100 calories per tablespoon
- Butter-----100 calories per tablespoon
- Chopped nuts-----50 calories per tablespoon
- Gravy-----26 calories per tablespoon
- Salad dressing-----65-85 calories per tablespoon

Sweets

- Corn syrup-----60 calories per tablespoon
- Jam, jelly, syrup-----52 calories per tablespoon
- Chocolate syrup-----45 calories per tablespoon
- Sugar-----45 calories per tablespoon

Baby food

- Various pureed foods-----100-150 per jar

Commercial Calorie Supplements

- Pediasure beverage-----30 calories per ounce
- Carnation Breakfast Essentials
 - Add powder to whole milk
- Boost beverage
- Scandishake-----600 calories per shake
- Benecalorie-----330 cal per 1.5 ounce
- Beneprotein-----6 grams (24 calories) per scoop