

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

High-Calorie Nutrition Therapy

This handout explains how to provide more calories from food and drink, and help your child gain weight and develop.

Recommended Foods

The foods in the chart below can be added to your child's usual healthy food choices to provide more calories.



Food Group	Recommended Foods
Milk and Milk Products	Whole milk and whole milk products: <ul style="list-style-type: none"> • Cheese • Creamed cottage cheese • Yogurt
Meat and Other Protein Foods	Any meat, fish, seafood, or poultry, but especially high-fat options: <ul style="list-style-type: none"> • Bacon, sausage, 80% (or less) lean hamburger, bologna, spare ribs, hot dogs • Salmon • Chicken or turkey with skin, dark meat Extra chopped/minced meat or chopped/shredded cheese added to entrées, sandwiches, and salads Nuts and nut butters, hummus
Grains	Grain foods made with added fat, such as muffins, granola, and croissants
Vegetables	Avocado and olives Any with added fat, cream, dips, or dressings
Fruits	Any with added fat or sugar
Fat and Oils	Butter Coconut milk Cream and half-and-half Cream cheese Dips Margarine Mayonnaise Oils Salad dressings Sour cream Whipped cream

Beverages	Nutritional supplement beverages Milkshakes Yogurt drinks, especially if made with whole-milk yogurt Whole milk Juice and juice drinks Soft drinks Hot chocolate Eggnog
Other	Sugar and brown sugar Honey Jam and jelly Syrup Creamed soups Candy, chocolate Pastries (donuts, pies, cookies, muffins) Sweetened condensed milk Gravy

Foods Not Recommended

In general, foods that fill up a child but offer few calories are not recommended.

Food Group	Foods Not Recommended
Milk and Milk Products	Fat-free milk Nonfat dairy foods
Fat and Oils	Fat-free mayonnaise Fat-free salad dressings Other fat-free condiments
Vegetables	Lettuce Celery
Beverages	Sugar-free or diet beverages
Other	Diet products Broth-based soups

Notes:

Sample 1-Day Menu

The following sample menu provides 2,900 calories and is designed for a 7- to 8-year-old child who needs to gain weight. It is higher than normal in fat because fat is high in calories. To make the fat calories even higher, use whole milk and whole-milk yogurt, butter the sandwich bread, add plain olives to the tortilla snack, and add strawberry or chocolate whole milk to the evening snack.

Your child's registered dietitian can personalize meal recommendations to your child's food likes and dislikes and his or her personal calorie and nutrient needs.

Breakfast	Yogurt shake: ¼ cup reduced-fat milk, ½ cup low-fat yogurt, ½ banana, ¼ cup strawberries, 1 tablespoon honey, ½ teaspoon vanilla ½ oat bran muffin with 1 teaspoon butter
Lunch	½ egg salad sandwich ½ cup chocolate whole milk 1 small apple ½ stalk celery with 1 tablespoon cream cheese
Snack	2 ounces tortilla chips topped with ¼ cup melted cheddar cheese
Evening Meal	2 ounces meatloaf ½ cup mashed potato 2 teaspoons butter ½ slice whole wheat bread ¼ cup carrot sticks and broccoli florets 2 tablespoons ranch salad dressing 1 cup reduced-fat milk
Snack	1 tablespoon peanut butter 2 graham cracker squares

2,900 kcal; 74 g protein; 350 g carbohydrate; 137 g fat.

Notes: