

Managing Your Child's High-Calorie, High-Protein Diet

- 1. Offer a variety of foods every day.**
- 2. Include 4 servings from the dairy group and at least 5 servings of fruits and vegetables,** which provide essential vitamins and minerals.
- 3. Offer whole milk** instead of skim, low fat (1%) or reduced fat (2%) milk.
- 4. Add seasonings, such as salt to foods** to enhance palatability, unless your health care professional indicates otherwise.
- 5. Offer high-fiber foods** such as fresh fruits and vegetables, whole-grain breads and cereals, nuts, and popcorn. (High-fiber foods can help prevent constipation and a condition called distal intestinal obstruction syndrome [DIOS], which is caused by a build-up of mucus on the lining of the intestinal walls.)
- 6. Offer a variety of caloric beverages every day:** examples are 100% fruit juices (cranberry juice has more calories than apple juice), flavored milk, yogurt drinks, and smoothies (see ideas below).
- 7. Give vitamin and mineral supplements and enzymes** (if prescribed by your doctor) with meals or snacks for better absorption.
- 8. Offer a medical nutritional supplement** for extra calories and protein.

Helpful Hints

To add calories to your child's meals:

- Add canola oil, olive oil, butter or margarine to cooked vegetables, pasta, rice, potatoes, and hot cereals.
- Add "half and half" to hot chocolate, puddings, sauces, gravies, and cream soups.
- Add dried fruit (such as raisins, cranberries, apricots, pineapple, and mango) and/or chopped nuts to hot and cold cereals, homemade cookies and muffins, tossed salads, and snack (trail) mixes.
- Top fruit (canned or fresh), gelatin, hot chocolate, milkshakes, and pudding with whipped topping or whipped cream.
- Add gravy to meats, poultry, potatoes, rice, and pasta/noodles.
- Add a dip to anything you can think of: ranch dressing for baby carrots; peanut butter for apple slices; hummus for whole-grain crackers; cheese dip for pretzels; and cream cheese for celery stalks.

To add protein to your child's meals:

- Add powdered nonfat dry milk to whole milk, smoothies, milkshakes, mashed potatoes, hot cereals, scrambled eggs, and homemade pancakes and waffles.
- Use cheese sauce on vegetables, potatoes, pretzels, and tortilla chips.
- Add cheese to casseroles, sandwiches, hamburger patties, and scrambled eggs or omelets.
- Top pancakes and waffles with vanilla yogurt and chopped nuts.

Smoothie ideas:

- Blend banana, whole milk, chocolate syrup, peanut butter, and ice.
- Blend banana, orange juice, nonfat dry milk powder, frozen berries, and ice.
- Blend frozen mango chunks, pineapple juice, vanilla yogurt, macadamia nuts, ice.
- Blend whole milk, chocolate syrup, decaffeinated instant coffee, half and half, ice.

