

Tips To Help With Eating & Weight Gain Problems:

If your child is losing weight or failing to gain weight, try the following ideas to help improve their eating, growth and weight gain.

- Give your child three meals and no more than three healthy snacks every day. Nibbling close to meals can reduce your child's appetite at mealtime.
- Plan for regularly scheduled meals and snacks at the table or designated eating place.
- Keep eating time relaxed and comfortable for all family members. Avoid distractions while eating, such as TV or allowing your child to roam. Try not to hurry meals and snacks.
- Avoid arguing, nagging or punishing. Forcing a child to eat may make things worse. Many children react to pressure by refusing to eat.
- Limit beverages. Offer drinks after or between meals; never right before or at the beginning of meals. Liquids can easily fill your child's tummy and keep him from eating more nutritious solid foods.



Sample Calorie Boosters Menu for Children 2–3 Years Old

Breakfast:

- ½ cup dry cereal
- ½ cup fruit pieces
- 1 scrambled egg
- 4 ounces **Super-Strength milk**



Snack:

- 1 tablespoon peanut butter
- 2-3 crackers
- 4 ounces fruit juice



Lunch:

- ½ grilled cheese sandwich
- 4 ounces **Super-Strength milk**
- ¼-½ cup peas and carrots



Snack:

- ½ cup applesauce

Supper:

- 2 ounces chicken
- 1/3 cup rice and gravy
- ¼ cup broccoli with cheese sauce
- 4 ounces **Super-Strength milk**

Snack:

- ½-1 cup high calorie, homemade milkshake



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calorie boosters

for weight gain and growth



High Calorie Milkshake Recipes And Ideas:

An option for getting extra calories is making high calorie milkshakes with basic kitchen ingredients using a blender or a spoon.

Step One:

Begin by adding one cup (eight ounces) of a “milk base” to the blender container.

Milk Base	Calories per Cup (eight ounces)
Whole milk (high fat)	150
Reduced fat milk (2%)	120
Low fat milk (1%)	100
Non-fat/skim milk	85
Soy milk	80-130
Super-Strength milk (2%)	240

Step Two:

Add any combination of the following calorie boosters to make a high calorie & tasty milkshake:

Calorie Boosters	Calories
Peanut butter* (1 tbsp)	85
Vanilla ice cream (½ cup)	130
Banana (½ medium)	60
Blueberries (½ cup)	40
Mixed frozen, canned or fresh fruit (½ cup)	60
Dry milk powder (1 tbsp)	30
Powdered “instant breakfast” drink mix	130
Pasteurized egg product (¼ cup)	40
Plain low fat yogurt (½ cup)	65
Low fat yogurt with fruit (½ cup)	120
Pudding cup (½ cup)	60-100
Table sugar (1 tbsp)	50

You can try adding one or more of the following “calorie boosters” to the foods/drinks that you already know your child will consume well.

Powdered Milk:

- You can add powdered milk to hot cereal, hot cocoa, casseroles, meatloaf, mashed potatoes, sauces, soups or use in baking by adding to batter.



Super-Strength Milk:

- One quart milk
 - One cup instant dry milk powder
- Stir until mixed well and use as you would regular milk.

Milk, Cream or Half-and-Half

- Use in place of water in preparing foods such as hot cereal, hot cocoa, soups, cream sauces or batters.

Eggs

- Add chopped hard-cooked eggs to salads, casseroles, vegetables or dressings, add an extra egg to pancake or French toast batter. (*egg whites are not for children under 1 year old).

Cheese/Cream Cheese/Cottage Cheese

- Melt cheese on sandwiches, meats, bread, or vegetables. Grate and add to eggs, sauces, casseroles, meat loaf or pasta dishes.
- Use cream cheese to spread on bread, crackers or fruit slices.
- Try cottage cheese with fruit, Jell-o, or add to casseroles, eggs or pancake batter.

Peanut Butter or Other Nut Butters*

- Spread on sandwiches, toast, pancakes or waffles or use as a dip for fruit or vegetable sticks. Blend peanut butter into milkshakes or batter/dough for baked goods.

High Calorie Condiments

- Add oils, butter, margarine, gravy, mayonnaise, sour cream or other high calorie condiments to mashed/baked potatoes, noodles, hot cereals, rice, cooked vegetables or other foods where they can be tastefully mixed in.



Sample Shakes:

8 oz low fat milk	100
1 tbsp peanut butter	85
½ banana	+ 60
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	245 calories

8 oz 2% milk	120
½ c vanilla ice cream	130
½ c peaches	+ 60
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	310 calories



8 oz Super-Strength milk	240
½ c blueberries	40
½ c fruit yogurt	+ 100
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	380 calories

*Use only for ages 2 and older