



## Increasing caloric density of beverages and foods for toddlers

Fortifier	Calories	Add to:
Nonfat dry milk	25 kcal/Tablesppoon	Potatoes, ground meats, cereals, pudding, yogurt
Cheese	100 kcal/ounce	Vegetables, casseroles, fish
Sour cream	30 kcal/Tablesppoon	Beans, squash, potatoes, gravies, casseroles, salad dressing
Whipping cream (also called heavy cream)	60 kcal/Tablesppoon	Gravies, casseroles, salad dressings, hot chocolate, cereal, potatoes, eggs
Butter, margarine, oil	40 kcal/teasppoon	Gravies, mashed potatoes, cereal, rice, pasta, bread, muffins, tomato sauce
Instant breakfast preparation	130 kcal /packet	

### Recipes

- One jar (4 ounces strained fruit plus one scoop formula powder)\*
- 8 ounces whole milk + 2 Tablesppoons nonfat dry milk powder = 24 kcal per ounce\*\*
- 8 ounces whole milk + 3 Tablesppoons nonfat dry milk powder = 24 kcal per ounce\*\*
- 4 cups whole milk + 1 cup nonfat dry milk powder = 28 kcal per ounce\*Δ
- Mix 1 cup whole milk, 1 package instant breakfast and 1 cup ice cream in blender (430 kcal)\*
- Mix one-half cup whole milk and one-half cup "half-and-half" to increase caloriesΔ

\*If making any of these changes causes your child to have diarrhea, stop and call your pediatrician.

ΔCan be used in cooking (eg, mashed potatoes), baking (eg, muffins, waffles), desserts (eg, pudding, custard), etc.