



Calorie Boosters for Weight Gain (for children 1 year and older)

High Calorie Food Ideas:

- **Healthy Fats:** Avocados (add to sandwiches or salads), nut butters (spread on toast, crackers, or fruit), olive oil (drizzle on vegetables or pasta), and full-fat dairy products like cheese and yogurt.
- **Protein Sources:** Eggs (scrambled, omelets, hard-boiled), chicken thighs, salmon, and tuna, peanut butter
- **Starchy Foods:** Potatoes, sweet potatoes, whole grains like oatmeal and brown rice.
- **Fruits and Vegetables:** Dried fruits (add to cereals or snacks), bananas, and other fruits.

Calorie Boosters:

- **Carnation Instant Breakfast:** Start with 2 tablespoons per 8 oz whole milk and gradually increase to 1 packet per 8 oz. Use in cereal, milkshakes. Drink warm or cold.
- **Dairy:** Use whole milk instead of low-fat milk, add cream to hot chocolate or cereals, and use full-fat yogurt.
- **Oils and Fats:** Add olive oil or butter to cooked vegetables, pasta, or rice.
- **Other:** Spread peanut butter on toast or crackers, add cheese to vegetables, and use mayonnaise in salads or sandwiches.

Tips for Success:

- **Offer high-calorie snacks between meals:**
 - Examples include cheese sticks, yogurt with granola, peanut butter and crackers, or hard-boiled eggs.
- **Incorporate calorie-boosting ingredients:**
 - Add grated cheese to pasta, use cream in mashed potatoes, or add extra butter to oatmeal.
- **Make mealtimes enjoyable:**
 - Involve children in food preparation and try to eat together as a family.
- **Don't force-feed:**
 - If a child is not eating, try not to get frustrated. Offer small portions and introduce new foods gradually.
- **Consider portion sizes:**
 - Children have smaller stomachs, so focus on nutrient-dense foods that are calorie-rich.
- **Consult with a healthcare professional:**
 - If you have concerns about your child's weight, it's always best to consult with a pediatrician or registered dietitian.