



Increasing Calories

Why gain weight?

Growth in height and weight happens more quickly in infancy and childhood than any other time in life. It's important that children get the calories they need, even if they were born prematurely or if they are small due to genetics.



What can I do to improve my child's weight gain?

- Talk to your medical provider or a registered dietitian.
- Increase calories so that if your child is eating small portions, he/she will still get a good amount of calories (see the chart on back.)
- Offer 3 meals and 2-3 snacks. Offer only water 1 hour before a meal so that your child is hungry.
- Limit calories from beverages. Your child is not likely to be hungry at mealtimes if he/she is drinking juice throughout the day. Try to limit juice intake to 4-6 ounces/day.
- Schedule your meals and snacks at the same time each day because children do well with schedules.

What can extra calories do for my child if he/she is underweight?

- Improve immune system
- Increase his/her height
- Help them learn better

Healthy Foods that Are High in Calories:

Fruits: bananas, cherries, pineapple, pears, grapes, and dried fruit

Vegetables: potatoes, carrots, corn, peas, sweet potatoes

Fats: peanut butter, avocado, olive, canola, or peanut oil

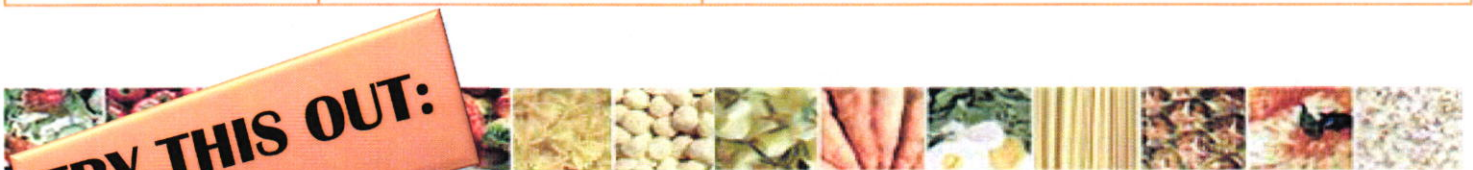
Proteins: beans, meat, poultry with skin, eggs, fatty fish



How many calories am I adding?

Look at the table below to determine how many calories you are adding to your meals. 3,500 calories is equal to 1 pound.

Food	Calories	Add to:
Avocado	120 calories per ½ cup	Salads, sandwiches, wraps
Butter, margarine, oil	40 calories per teaspoon	Gravies, mashed potatoes, cereal, rice, pasta, bread, muffins, tomato sauce
Cream cheese	50 calories per tablespoon	Dips or casseroles, spread on toast or bagels
Cheese	115 calories per 1 oz. slice	Eggs, soups, sandwiches, casseroles, vegetables, meats
Instant breakfast	130 calories per packet	
Granola	~597 calories per cup	Yogurt, ice cream, hot cereal
Hummus or bean spreads	25 calories per tablespoon	Dip carrots, celery, or crackers or spread on whole wheat tortillas
Mayonnaise	94 calories per tablespoon	Mix with catsup or mustard to make dipping sauce for fries or chicken, spread on sandwiches and wraps
Peanut Butter	144 calories per tablespoon	Dip with fruits or vegetables, baked goods, sandwiches
Powdered Milk, whole	159 calories per ¼ cup	Potatoes, ground meats, cereals, pudding, yogurt
Sour Cream	23 calories per tablespoon	Beans, squash, potatoes, gravies, casserole, dips, salad dressings
Whipping Cream (aka heavy cream)	52 calories per tablespoon	Gravies, casseroles, salad dressings, hot chocolate, cereal, potatoes, eggs



TRY THIS OUT:

Fruit & Yogurt Smoothie:
Blend 1 cup of yogurt with 1 banana and ½ cup fruit until smooth. (You can also add 3 Tbsp. powdered milk for extra calories.)

Peanut Butter Chews:
Mix ¾ cup peanut butter, ¾ cup powdered milk, 1/3 cup honey, 1 cup of oatmeal, ¼ cup raisins, and 1 teaspoon vanilla together. Roll into 1-inch balls. Roll in coconut, wheat germ, or chopped nuts
*Honey is not recommended for children under the age of 1.

Peanut Butter Popcorn:
Bring ½ cup sugar and ½ cup light corn syrup to a rolling boil. Remove from heat and add ½ cup crunchy peanut butter and ½ teaspoon vanilla. Pour over 8 cups of popped corn.



Information from this handout adapted from UpToDate: Patient Information: "Poor weight gain in infants and children." <http://www.uptodate.com/contents/poor-weight-gain-in-infants-and-children-beyond-the-basics>. And Just Twho More Bites! Bv Linda Piette. MS. RD.