

### Helping Your Child Gain Weight

#### Tips to Encourage Your Child to Eat More



- Eat with your child or have family members eat with him to model good eating habits.
- Make mealtime pleasant—be encouraging not demanding.
- Eat regular meals and have two healthy snacks each day.
- Think of snacks as mini-meals. Offer high-calorie healthy foods.
- Avoid distractions, like TV or loud music, while eating.
- Offer food first and provide only a small amount of milk at mealtimes.

#### Tips for Increasing Calories in Your Child's Diet

- **Carnation Breakfast Essentials:** Add to milk, milkshakes, or cooked cereal.
- **Cheese:** Melt it on vegetables and crackers. Add to sandwiches, casseroles, mashed potatoes, scrambled eggs, dips, soups and salads. Add extra to pizza.
- **Sour Cream:** Add to soups, casseroles, potatoes, tacos, and burritos.
- **Peanut Butter:** Add generous amounts on toast and sandwiches. Use on apples, celery and crackers. Add to shakes.
- **Olive Oil, Canola Oil or Peanut Oil:** Add to pasta and rice dishes, casseroles and vegetables. Oil can be used to dip bread in.
- **Butter or Margarine:** Add to soup, potatoes, hot cereal, rice, noodles and vegetables.
- **Half & Half or Cream:** Add to soups, pudding, sauces, milkshakes, mashed potatoes or cereal.
- **Dry Powdered Milk:** Add to soups, cooked cereals, sauces, pudding and milkshakes.
- Use **dips** for raw vegetables, fruits or crackers
  - Cream cheese
  - Smashed avocado or Guacamole
  - Ranch dip
  - Hummus
  - Yogurt
  - Cheese dip
- Add a thick layer of **butter, avocado, or cream cheese** to crackers, toast, bagels and sandwiches.

### High Calorie Recipe Ideas



#### Fruit Smoothie

- 1 cup of vanilla or fruit flavored yogurt (not fat-free)
- 1 cup chopped fruit (frozen or fresh)
- ¼ cup 2% milk, whole milk, or double milk (more for thinner smoothie)

Blend all ingredients and enjoy. Try different fruits or flavors of yogurt. Makes 2 servings.

#### Double Milk

- 1 cup 2% milk
- 3 Tbs dry milk

Mix milk with powder and enjoy. Provides: 170 calories, 13 g protein, 5 g fat

#### Trail Mix

- 1 cup Chex, Kix, or Cheerios cereal
- ½ cup peanuts or other nuts
- ½ cup raisins
- ¼ cup M&Ms

Combine all ingredients (makes 4 servings)

**\*\* To prevent choking - should not be eaten by children 3 yrs of age or under.**

#### Grilled Cheese Sticks

- 2 pieces whole grain bread
- Favorite cheese cut into slices
- Soft butter or olive oil

Arrange cheese slices between bread. Butter bread on both sides and place butter-side-up on frying pan. Grill until lightly browned and flip over. Continue grilling until cheese is melted.

Cut sandwich into 4 slices (sticks). Try dipping stick into tomato soup or marinara sauce.

