

High Calorie Ideas for Children

Your child may not be gaining weight for a number of reasons. To help put on weight your child needs to eat more energy and protein containing foods.

The following ideas may help your child to gain weight:

1 Remember meals and snacks are important for children. Your child will eat more if there is a dinner and a pudding at main meals.

Each day try to give your child:

- Breakfast.
- A mid morning snack.
- Lunch - a dinner and a pudding.
- A mid afternoon snack.
- Evening meal - a dinner and a pudding.
- Supper or bedtime snack.

2 Offer small portions each time if your child cannot eat a lot.

3 Make sure you use full fat and sugary foods and not diet, "lite", low calorie or low fat foods as these are low in energy. Remember to brush your child's teeth and visit the dentist regularly.

4 If your child is not able to eat larger amounts of food you can try to make the food more nourishing by 'enriching' your child's diet. See across and overleaf for more ideas.



Enriching Foods

Milk & Milk Products

- Use fortified whole or full fat milk (600ml (1 pint) whole milk, 2 tbsp milk powder (full fat if possible) e.g. Nido, Marvel, supermarket own brand, whisk together and use in place of ordinary milk).
- Try to give your child one pint of fortified milk each day.
- Encourage foods made from milk, e.g. milky puddings, custard, yoghurts, fromage frais and parsley or cheese sauce.
- If your child will not drink milk, try flavouring it using Nesquik, Crusha Syrup, drinking chocolate etc.

Fats

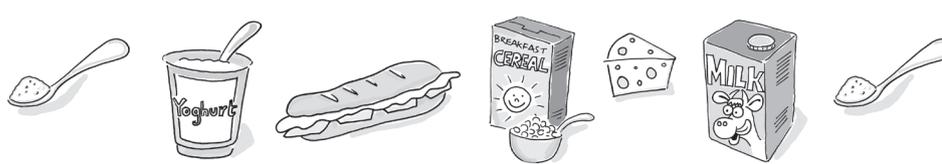
- Use full fat margarine or butter (not low fat spread).
- Add to cooked vegetables, potatoes, rice or pasta.
- Spread thickly on bread, chapattis, scones, pancakes or waffles.
- Add 1/2 to 1 teaspoon of margarine, oil or butter to your child's portion of curry, stew, casserole, soup or pasta dish.
- Try paratha instead of chapatti for a change.

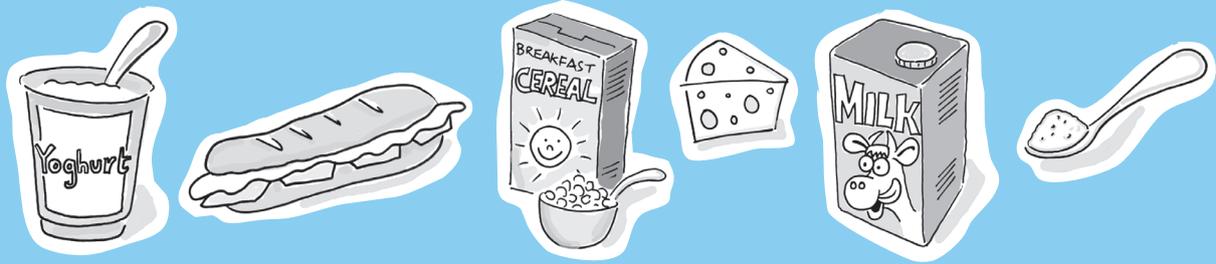
Cream (single or double)

- Add one or two teaspoons of cream to a portion of mashed potato, soup, sauce, breakfast cereal, milky pudding, custard, stewed fruit, yoghurt, fromage frais or a milky drink.
- "Squirty" cream can be put on top of mousse, jelly, cake, fruit pies and custard.

Cheese

- Add full fat grated cheese or soft cheese spread to mashed potato, cooked vegetables, soup, tinned spaghetti, baked beans, scrambled eggs and omelette.
- Add extra cheese to pizza, sauces and pasta dishes.
- Put cheese spread on bread, crackers, waffles and savoury biscuits.





Meal & Snack Ideas

■ Breakfast

- Cereal with milk and sugar.
- Buttered toast and jam.
- Egg with buttered bread.
- Baked beans/tinned spaghetti with buttered bread/toast.
- Fruit yoghurt and sliced banana.

■ Main Meals

- Shepherd's pie and vegetables.
- Fish fingers, baked beans & potatoes.
- Dahl, chapatti, salad/vegetables.
- Omelette, potatoes and vegetables.
- Cauliflower cheese and baked potato.
- Spaghetti bolognese and vegetables.
- Chicken curry with rice and salad.
- Corned beef hash and baked beans.
- Meatballs, gravy, vegetables and potatoes.
- Fish in sauce, potatoes and vegetables.

■ Puddings

- Rice pudding.
- Fruit and custard.
- Mousse.
- Trifle.
- Jelly and ice cream.
- Cake or bun with custard or cream.
- Fruit pie or crumble with custard or cream.
- Fromage frais.
- Thick and creamy yoghurt.
- Angel Delight or Instant Whip.
- Egg custard tart.
- Tinned fruit in syrup and cream or ice cream.

■ Snacks & Suppers

- Sandwiches or toast with smooth peanut butter/banana/jam/chocolate spread/cheese spread/egg/baked beans.
- Cheese dippers, cheese slices or pick and mix cheeses.
- Samosa.
- Onion bhaji.
- Sausage roll/pastie/small slice of pizza.
- Cereal with milk and sugar.
- Buttered crumpet/pancake with spreads such as jam.
- Mini Swiss roll or cake bars.
- Yoghurt or fromage frais.
- Fruit pieces or vegetable sticks - served with yoghurt, cream cheese, peanut butter or hummus.
- Milk shake or fruit smoothie made with milk.

■ Anything Else?

- Offer a variety of foods to ensure your child receives a balanced diet. Remember to include fruit and vegetables.
- Offer drinks after meals and not before meals and snacks. Try not to let your child fill up on juice or fizzy pop.
- Discourage sugary drinks as they are bad for teeth.

Contacts

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By Textphone – We use Next Generation Text for people with hearing difficulties.
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If you need this information in another format or language please ask a member of staff to arrange this for you.

Food for Life
Bradford
Dietitians

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