

Nutrient-rich and calorie-dense foods for underweight children:

Dairy: Whole Milk, Yogurt (not non-fat), Natural Cheeses, Frozen Yogurt, sour cream, cream cheese

Vegetables and fruits: Avocados, Bananas, Mangoes, and all fruits and vegetables

Protein: Nuts, Nut Butters (peanut butter, almond butter), Eggs, Beans, Fish (salmon), Meats, Hummus

Grains: Granola, Whole-grain Bread, Oatmeal, Quinoa, Brown Rice

Carbohydrates: Macaroni and Cheese, French toast, Mashed Potatoes

Fats: Butter, Olive Oil



For children on stimulants, it is very hard to eat lunch. Most children will tolerate this if they eat well when the stimulant has worn off and if they have something healthy to drink such as milk, Boost, smoothie at lunch. Offering salty foods such as peanuts that make children thirsty or requiring them to drink something nutritious before they go out for school recess is also very helpful.

Children have small stomachs and cannot eat all the calories they need in just 3 meals. It is important to have meals AND nutritious snacks offered frequently. With children who are underweight and taking stimulants, allowing them to eat anytime they are hungry is recommended. Most importantly, try feeding a good breakfast before the morning medication and late at night before bed.

Tips for increasing calorie intake:

--Make soups with whole milk instead of water

--Put cheese on foods (grated parmesan on noodles, grated cheddar on mashed potatoes, melted cheese on broccoli)

--Make oatmeal with whole milk and add fruits, nuts, and/or scoop of protein powder

--Add butter or oils to cooked foods

--Make fruit smoothies with full-fat yogurt, avocado, and/or nut butters

--Encourage dips with fruits and veggies (apples slices dipped in peanut butter, celery or carrots dipped in hummus, broccoli or cauliflower with cheese dip, veggies with Ranch dressing)

High-calorie recipes (https://www.ucdmc.ucdavis.edu/cancer/pedresource/pedres_docs/HowHelpChildGainWeight.pdf):

Super Shake

1 cup ice cream

1 cup milk

1 package Carnation Instant Breakfast

(also try Boost, Ensure, Scandishake, or Ensure Plus)

Blend well.

Strawberry Milkshake

½ cup frozen strawberries

1 scoop ice cream

½ cup milk (or supplement)

Mix or blend until smooth. Serves one.

Try other fruits—pineapple, raspberries, blueberries, bananas—and peanut butter.

Peanut Butter Logs

1 cup dry milk

½ pound peanut butter

1/2 cup honey

1 cup Rice Krispies

1 cup 100% bran flakes

½ cup raisins

Combine all ingredients well. Flatten mixture in a large pan. Chill overnight.

Cut into 2" x 1" bars for serving.

Fortified Milk

- 1 quart milk 1% low-fat
- 1 cup instant non-fat dry milk
- 1 teaspoon water
- 1 teaspoon vanilla

Pour liquid milk into deep bowl. Add dry milk and beat slowly with beater until dry milk is dissolved (usually less than 5 minutes). Refrigerate. The flavor improves after several hours. Makes 1 quart.

Super Pudding

- 2 cups milk (or supplement)
- 2 tablespoons vegetable oil
- 1 package (4 1/2 oz.) instant pudding
- 3/4 cup nonfat dry milk powder

Stir milk and oil. Add pudding mix and mix well. Pour into dishes of 1/2-cup servings.

Smoothie

- 1/2 cup soft silken tofu (or soy milk)
- 3/4 cup milk
- 2 tablespoons peanut butter
- 2 frozen bananas, sliced
- 1 teaspoon honey

Combine tofu and milk in blender. Add remaining ingredients and blend until smooth.

Fruit Dip

- 8 oz. cream cheese, softened
- 8 oz. vanilla flavored yogurt or pudding
- 1/3 cup brown sugar
- 1/2 teaspoon cinnamon

Blend until smooth. Serve with fruit.

Easy Fruit Dip

- 8 oz. container marshmallow cream
- 8 oz. cream cheese (any flavor)

Combine ingredients. Microwave 30-60 seconds to make it easier to combine. Serve with your favorite fruit.

Peanut Butter Snack Spread

- 1 tablespoon instant dry milk
- 1 tablespoon honey
- 1 teaspoon water
- 3 heaping tablespoons peanut butter

Combine dry milk, water and vanilla, stirring to moisten. Add honey and peanut butter, stirring slowly until liquid begins to blend into peanut butter. Spread between graham crackers or saltine crackers. The spread can also be formed into balls, chilled and eaten as candy. Keeps well in refrigerator, but is difficult to spread when cold. Makes 1/3 cup.

Vegetable/Cracker Dip

- 1 large container of sour cream
 - 1 packet (dry) onion soup mix
 - OR
 - 1 packet (ranch-style) dry salad dressing
- Mix well and serve.

Dreamsicle

- 1 cup orange sherbet
 - 1 cup milk
 - 1 package vanilla Carnation Instant Breakfast or Scandishake
- Blend together. Freeze in popsicle molds or paper cups with inserted popsicle sticks

Calorie content of foods:

Granola = 597 calories/cup

Avocado = 276 calories/medium avocado

Whole milk = 146 calories/cup

Peanut Butter = 100 calories/Tbsp

Banana = 120 calories/large banana

Whole grain bread = 100 calories/slice

Quinoa = 222 calories/cooked cup

Sweet potato = 100 calories/medium baked sweet potato

Yogurt = 150 calories/8 oz.

Nuts = 160-190 calories/1 oz.

Mango = 130 calories/medium mango

Corn = 124 calories/cup

Don't get too caught up in counting calories if that causes too much stress. The important thing is to encourage increased intake of nutrient-rich and calorie-dense foods so that your child grows appropriately.

For healthy weight gain add 250-500 calories/day to the following guidelines.

(<http://wecan.nhlbi.nih.gov>)

Calories Needed Each Day for Average Weight Boys:

Age	Not Active	Somewhat Active	Very Active
2-3 years	1,000-1,200 calories	1,000-1,400 calories	1,000-1,400 calories
4-8 years	1,200-1,400 calories	1,400-1,600 calories	1,600-2,000 calories
9-13 years	1,600-2,000 calories	1,800-2,200 calories	2,000-2,600 calories
14-18 years	2,000-2,400 calories	2,400-2,800 calories	2,800-3,200 calories

Calories Needed Each Day for Average Weight Girls:

Age	Not Active	Somewhat Active	Very Active
2-3 years	1,000 calories	1,000-1,200 calories	1,000-1,400 calories
4-8 years	1,200-1,400 calories	1,400-1,600 calories	1,400-1,800 calories
9-13 years	1,400-1,600 calories	1,600-2,000 calories	1,800-2,200 calories
14-18 years	1,800 calories	2,000 calories	2,400 calories