

ADDING CALORIES

The following are suggestions for adding extra calories to your child's diet after speaking with your child's doctor. Please consult your child's doctor prior to implementing these strategies. A nutritionist/dietician can guide you through this process.

FATS

Avocado oil
Olive oil
Butter
Gravy
Mayo

PROTEINS

Nut butters (peanut, almond, cashew, sesame, sunflower)
Pureed beans
Hummus
Eggs

MILK

Cheese, whole milk greek yogurt, heavy cream, half & half, cream cheese, sour cream, whipped cream

DIPS

Ranch, honey mustard, BBQ sauce, maple syrup, blue cheese dressing, honey, chocolate syrup, fast food sauces

FRUITS/VEGGIES

Coconut milk
100% fruit juice
Pureed fruit/veggies
Apple butter
Jelly/jam

GRAINS

Ground flax seed
Wheat germ
Infant cereals
Bread crumbs