NUTRITION TIPS FOR WEIGHT GAIN

General Guidelines:
- Aim for 3 meals and 2-3 snacks daily
- Aim for at least 1000 calories of liquids daily (ie shakes/smoothies, juice, whole milk, Naked Juice, Boost/Ensure, or Odwalla shakes) in addition to well-rounded meals
- Well-rounded meals consist of starch/grain, protein, dairy, fat, some vegetable (ideally with added salad dressing, oil, mayonnaise, butter or cheese)
- Aim for 2 servings of starches at every meal

Some strategies for maximizing your child’s nutrient intake:
- Choose foods that are full-fat (ie avoid drinks and foods labeled as “part-skim”, “skim”, “low fat,” “nonfat,” or “diet.” For example, use whole milk instead of skim milk).
- Include dried fruits and nuts as snack or add them to hot cereals, ice cream, or salads.
- Use a blender to make to make milkshakes and smoothies.
- Add butter, margarine, oils, and gravies to potatoes, rice, pasta, cooked vegetables, sandwiches, toast, and hot cereal.
- Spread cream cheese on vegetables, eat vegetables with sour-cream based dip, or melt butter over vegetables.
- Spread jelly, peanut butter, honey, butter, or cream cheese on breads, toast, or crackers.
- Have your child snack on tortilla chips and guacamole or add avocado slices to meal dishes.
- Use high-calorie dressings, oil and/or butter on salads, baked potatoes, or on chilled cooked vegetables such as green beans or asparagus.
- Add sour cream, Half ‘n’ Half, or heavy cream to mashed potatoes, cake and cookie recipes, sauces, gravies, soups, and casseroles.
- Add whipped cream, nutella, maple syrup, and/or honey to desserts, pancakes, waffles, fruit, puddings and hot chocolate.
- Prepare pasta and soups with cream sauces (i.e. cream of mushroom soup or fettuccini alfredo).
- Use mayonnaise in salads, on sandwiches, and in vegetable dips. Use it to prepare salads, such as egg salad, tuna salad, chicken salad, potato salad, and macaroni salad.
- Mix granola into yogurt or sprinkle it on top of ice cream or fruit.
- Provide trail mix as snack; included foods like nuts, peanut butter filled pretzels, yogurt/chocolate covered pretzels or raisins, m&m’s, small cookies, dried fruit and chocolate.
- Add oil/salad dressing, croutons, pita chips, nuts and cheese to salads/vegetable dishes.
- Choose dense carb sources like bagels, baguettes, pita, naan, flatbread, Panini, Kaiser rolls, subs, focaccia, etc.
- Make or purchase baked goods and use with meals (i.e. croissants with breakfast, muffin with pb or cream cheese as a snack)

**Suggestions for increasing protein in your child’s diet:**
- Choose protein-rich foods, such as chicken and beef, fish, eggs, cottage cheese, cheese, hummus, beans, tofu, seitan, edemame, yogurt, nuts, and Greek yogurt (aim for one protein source at every meal).
- Feed your child foods that contain cheese, such as manicotti, lasagna, macaroni and cheese, quiches, and baked ziti.
- Add whole fat ricotta cheese, cottage cheese, parmesan cheese and grated cheese to soups, pastas, quiches, baked potatoes, vegetables, and casseroles.
- Use Boost/Ensure/whole milk/cream/coconut milk as a substitute in recipes that require milk or water such as instant puddings, hot chocolate, omelets, pancake and cake mixes, cream soups and mashed potatoes.
- Add peanut butter to breads, crackers, cookies, pancakes, waffles, fruits, and milkshakes.
- Add cooked chicken, meat, sausage or fish to soups, casseroles, omelets, salads, pasta, and quiches.
- Add beans, chickpeas, lentils, quinoa and peas to salads, soups, casseroles, omelets, and vegetable dishes.
- Add wheat germ to yogurt, casseroles, hot cereal, and oatmeal.
- Eat desserts that contain eggs, such as puddings and custards.
- Keep hard-boiled egg in the refrigerator and chop them up and add to salads, casseroles, and soups. Use them to make egg salad or deviled eggs.
- Add pasteurized liquid egg products, such as Egg Beaters, to soups, stews, and mashed potatoes. Add pasteurized eggs to milk, milkshakes, soups and mashed potatoes.
Milkshake and Smoothie Recipes:
For the following recipes:
Place all ingredients in a blender container or use a hand-held blender. Cover and blend on high speed until well-blended. If there is leftover, consider freezing it so your child can enjoy it as a Popsicle.

Basic Milkshake
1 cup of whole milk or cream
1 cup of full fat ice cream (any flavor)
1 box of commercial liquid supplement (i.e., Ensure Plus® or Boost Plus®- about 350 calories OR Boost VHC ~530 calories)
(850 calories, 36 grams protein; Note: calorie and protein content increases when using Boost VHC to approx. 1000 calories and 46 grams of protein)
The following can be added to the ‘Basic Milkshake’ recipe: frozen, fresh or canned fruit; peanut butter; Nutella; cookies; M & M’s®; peanut butter cups; chocolate chips; walnuts or pecans; maple or chocolate syrup; a few teaspoons of olive or canola oil; ground flax seeds; wheat germ; Benecalorie® supplement (you can order from www.amazon.com; adds an additional 330 calories, 7 grams protein); whole fat yogurt; Naked Juice/protein shake; Odwalla Juice/protein shake or whipped cream.

Basic Yogurt Shake
(This shake is good for those who prefer less sweetness in their shakes)
8 ounces of plain whole milk yogurt
2 cups of full fat ice cream
4 ounces of whole milk or cream
(800 calories, 34 grams of protein)

Basic Diabetic Shake
8 ounces of whole milk or cream
2 cups of sugar-free ice cream
4 tsp of canola or olive oil
(550 calories, 21 grams of protein, 4.5 carb exchanges)

Basic Dairy-Free Shake
8 ounces of soy milk or coconut milk
2 cups of any flavor of soy ice cream
4 tsp of canola or olive oil
2 tbsp of maple syrup or sugar (omit this if you are using sweetened milk)
For vanilla shakes, add 1 tsp of vanilla extract
(890 calories, 19 grams of protein)

Sherbet Shake
1 cup sherbet
½ cup whole milk
½ tsp vanilla extract
(420 calories, 6 grams of protein)
Basic Carnation Instant Breakfast Shake
½ cup of whole milk
1 envelope Carnation Instant Breakfast mix
1 cup vanilla ice cream (add flavoring and different flavor ice creams for variety)
(450 calories, 20 grams of protein)

Peach Yogurt Frost (A frosty, tangy drink)
1 envelope vanilla Carnation Instant Breakfast mix
1 cup whole milk (or low-fat milk)
½ cup peach yogurt
6 – 10 crushed ice cubes
(400 calories, 19 grams of protein)

Chocolate Cocoa Drink (A creamy, chocolate drink)
1¼ cup vanilla ice cream
½ cup whole milk (or low-fat milk)
1 package of hot chocolate mix (at least 100 calories)
2 teaspoons of sugar
(600 calories, 24 grams of protein)

Purple Power Smoothie 1½ cup fresh or frozen blueberries 1 tablespoon ground flax seeds 1/3 package tofu (this is about 4 ounces of tofu) 1/2 cup liquid base (milk, soy milk, coconut milk etc.) (328 calories, 14 grams of protein)