

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 1 ½ 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, 14grams of protein)