

## Weight gain tips

Some children who have trouble eating enough to gain weight may need extra calories. Here are some easy ways to add calories to foods.

### Add 1 or 2 tablespoons of nonfat dry milk powder to:

casseroles	muffins
cooked cereal	pancakes
cream soups	peanut butter
custard	puddings
mashed potatoes	scrambled eggs
meatloaf	whole milk
milkshakes	yogurt

### Add a powdered breakfast drink (such as Instant Breakfast®) to:

milk, milkshakes, smoothies, or ice cream

### Add extra margarine or butter to:

cooked cereal	rice
pasta dishes	sandwiches
potatoes	vegetables

### Add cheese to:

casseroles	meatloaf
crackers	sandwiches
hamburgers	soups
mashed potatoes	vegetables

### Spread cream cheese or peanut butter on:

crackers	muffins
fruit slices	pancakes
graham crackers	pretzels

### Include supplements, such as:

Boost®	Pediasure®
Carnation Instant Breakfast®	Sport shakes®
	Yo-J®

### For extra protein, eat more of these foods:

eggs	milk
cheese	peanut butter
cottage cheese	puddings
legumes	ricotta cheese
meats	yogurt

### Questions?

For more information, these books by Ellyn Satter (Bull Publishing Company, Palo Alto, CA) are helpful:

Child of Mine

How to Get Your Kid to Eat...But Not Too Much

This sheet is not specific to your child but provides general information. If you have any questions, please call Nutrition Services at your hospital.

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