

# HIGH CALORIE TIPS

## For Safe Weight-Gain in Children

### PARENTS....

Some children have trouble gaining weight and may need extra energy for catch-up growth, healing, poor appetite, or for conditions that increase calorie needs. Ensuring that your child gets enough energy is important for bone-health, growth, and development!

### General Tips

- Eat small, frequent meals.
- Switch favorite foods for higher-calorie options.
- Consider discussing a nutritional supplement with your doctor.

### High-Cal PB Shake

**CALORIES: 356**

Blend until smooth:

- 1/2 c whole milk
- 1 tbsp peanut butter
- 2 Tbs dry milk powder
- 1/2 cup vanilla ice cream



### Some Ideas

- Add 1 tsp of healthy oil to grains (olive, sunflower, avocado oil).
- Add 1 tbsp of half & half or canned coconut milk to milk and smoothies.
- Try whole-fat dairy options.
- Incorporate avocado, flax, nuts, and seeds into meals & snacks.
- Make a homemade trail mix with dried fruit, nuts, and granola.
- Add butter, ghee or coconut oil to veggies.

### Talk to your doctor about supplements

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