



Penn State Hershey Children's Hospital
Caring for your Child's Nutrition

High Calorie/High Protein Diet

Why does your child need this diet?

If your child is sick and it is difficult for him or her to eat a lot of food at one time, it is important to choose high calorie, high protein foods. This diet can also be used if your child needs to gain weight.

What are the benefits of this diet?

- High calorie foods provide energy and help him/her grow strong.
- Eating enough calories will help your child gain weight.
- Protein from food helps the body heal.

What can you do to help your child eat more?

- Schedule regular eating times as much as possible.
- Do not make mealtime too long. Often 30 minutes is sufficient.
- Do not coax, argue, plead with or push your child to eat.
- Let your child help fix the food.
- Concentrate the calories in the foods whenever possible. This helps your child get more calories in less volume.

What can you do to help your child eat more often?

Let your child eat 4 to 6 times per day. Extra meals and snacks will help him/her get enough calories and protein. Some children eat more when offered six small meals a day. Experiment and find out what works for you and your child. Do not let your child snack all day and not eat breakfast, lunch or dinner. Skipping meals will make it hard to get enough calories each day.

What are nutritional supplements?

Commercial nutritional supplements are high calorie, high protein liquids with vitamins and minerals added to them. These supplements are usually higher in calories than whole milk or a juice. Although they cost more than other drinks, they are convenient and are available in most drug or grocery stores. Talk with your dietitian to get information on the products available on the market.

RECOMMENDED FOODS

Whole Milk and Milk Products

This group provides protein, calories, vitamins, and minerals. **Do not use low-fat or fat-free milk products.** High calorie milk products include:

- Chocolate whole milk
- Cream or half and half
- Fortified milk (see recipe below)
- Ice cream
- Milkshakes
- Pudding
- Sour cream
- Whipped cream
- Whole milk
- Whole milk cottage cheese
- Yogurt
- Ready to drink shakes- Chugs or Hershey Milkshakes
- Whole milk mixed with Carnation Instant Breakfast

Fortified Milk Recipe

There are two ways to make fortified milk.

- **To add calories and protein:** mix 1 cup whole milk + $\frac{1}{4}$ cup powdered milk.
- **To add calories:** mix $\frac{1}{2}$ cup whole milk + $\frac{1}{4}$ cup half and half.

Examples:

Use whole milk, fortified milk, half and half or cream to prepare:

- Cocoa
- Desserts
- Hot cereals
- Milkshakes
- Custard
- Pudding mixes
- Gravies
- Mashed potatoes
- Muffins
- Soups

Fruits and Vegetables

Fruits and vegetables are often low in calories and protein but are high in the vitamins and minerals your child needs. High calorie fruits and vegetables include:

- Avocado (prepare guacamole)
- Canned fruit in heavy syrup
- Coconut
- Dried fruits
- Fried, buttered or creamed vegetables
- Fruit nectar

Limit fruit juices to 8 ounces a day so children do not fill up on juice and stop eating other foods.

Examples:

To add calories to fruits and vegetables:

- Add salad dressing, cheese, avocados and croutons to salads.
- Serve raw vegetables with ranch dressing or cream cheese and mayonnaise dip.
- Serve cooked vegetables with grated or melted cheese or cheese soup.
- Add cream, half and half, sour cream, yogurt or whipped cream to fruit.
- Add raisins or other dried fruits to cereals.
- Mix dried fruits with peanut butter and jelly or honey for a dip or sandwich spread (not for children under 3 years of age).

Breads, cereals and other starches

Breads, cereals and starches are important sources of calories, vitamins, and minerals. High calorie starches include:

- Cornbread
- Muffins
- Quick breads
- High fat crackers, such as Ritz, Triscuits and Cheez-It
- Granola/ granola bars
- Pancakes
- Waffles

Examples:

Add calories to breads, cereals, pasta, rice, tortillas and crackers with:

- Butter/ Margarine
- Honey
- Jam/Jelly
- Sugar
- Cheese
- Cream cheese
- Syrup

Fats

Fats are high in calories. Avoid low-fat or fat-free products and fat substitutes.

Add these fats to any foods:

- Bacon
- Gravy
- Oil
- Butter/ Margarine
- Mayonnaise
- Salad dressing
- Sour cream

Recipes for High Calorie/High Protein Shakes

High Calorie/ High Protein Fruit Smoothie (320 calories and 19 grams protein)

6 ounces ($\frac{3}{4}$ cup) orange juice
1 banana
6 frozen strawberries
1 ounce (3 tablespoons) protein powder

Refreshing Sherbet Shake (365 calories and 2 grams protein)

1 cup sherbet
1 cup lemon-lime soda
(If desired, fruit can be added for extra calories.)

Strawberry Crush (320 calories and 0 grams protein)

1 cup frozen strawberries
 $\frac{1}{4}$ cup crushed pineapple
 $\frac{1}{4}$ cup water
 $\frac{1}{4}$ medium banana
3 tablespoons sugar
2 tablespoons lemon juice
1 tablespoon honey

Peanut Butter Cup Shake (480 calories and 16 grams protein)

$\frac{1}{2}$ cup whole milk
2 tablespoons smooth peanut butter
2 tablespoons chocolate syrup
 $\frac{1}{2}$ cup vanilla ice cream

Instant Breakfast Shake (550 calories and 20 grams protein)

1 packet Instant Breakfast
1 cup ice cream
1 cup whole milk
(Add a flavored syrup if desired)

Power Packed Chocolate Shake (655 calories and 24 grams protein)

$\frac{3}{4}$ cup whole milk
 $\frac{1}{4}$ cup half and half
 $\frac{1}{2}$ cup chocolate ice cream
 $\frac{1}{2}$ cup vanilla ice cream
 $\frac{1}{4}$ cup skim milk powder
2 tablespoons chocolate syrup

SAMPLE HIGH CALORIE MENUS

High Calorie Breakfasts

- Juice and sausage-egg-cheese on an English muffin
- Hot chocolate and waffles/pancakes/French toast and a piece of fruit
- Hot cereal and peanut butter with a banana on toast
- High calorie/high protein smoothie and a cheese toast
- Cold pizza and milk
- Granola bar and a Carnation Instant Breakfast made with whole milk
- Bagel and cream cheese and a juice shake
- Peanut butter and jelly sandwich and a chocolate Chug

High Calorie Lunches or Dinners

- Peanut butter and jelly sandwich, corn chips, fruit canned in heavy syrup, whole milk
- Meat pizza, carrot sticks with ranch dressing, whole milk
- Macaroni and cheese with extra cheese, broccoli with added fat, cookie, whole milk
- Chicken fingers, mashed potatoes with skim milk powder, corn with added fat, whole milk

High Calorie Snacks

- Granola bar or cereal bar
- Cheese and crackers
- Milkshake
- Trail mix
- Buttered popcorn
- Peanut butter crackers
- Mini bagel with cream cheese
- Pudding made with whole or evaporated milk
- Cookies
- Yogurt
- Vegetables with dip
- Slice of pizza
- Muffin
- Apple slices with peanut butter
- Ice cream

Suggestions for Increasing Calorie Intake

FOOD	Calories/Tbsp	Suggestions
Butter or Margarine	100	Melt in potatoes, hot cereals, rice, noodles, and cooked vegetables. Stir into soups, baby foods, casseroles, or sauces. Spread freely on breads, sandwiches, toast, crackers, or rolls.
Sour Cream	30	Add to potatoes, rice, pasta or vegetables. Use as a dip for raw vegetables.
Mayonnaise	100	Spread on sandwiches or crackers. Use in meat, fish, or vegetable salads.
Cream Cheese	50	Spread on fruit slices, raw vegetables, bread, toast, or crackers. Spread on bologna and roll as a snack. Use flavored cream cheese for variety.
Half and Half	20	Use in place of milk or water in soups, sauces, batters, cocoa, custards, pudding, shakes, mashed potatoes, or cooked cereals. Use on cold cereals.
Brown Sugar, Maple Syrup, or Honey	45	Add to hot or cold cereal. Use to top fruit, ice cream, or puddings. Use as a glaze on meats or vegetables.
Whipped Cream	55	Use on pancakes, waffles, fruit, ice cream, pudding, gelatin, hot cocoa, or other desserts.
Whole Evaporated Milk	25	Use in place of whole milk in desserts, baked goods, meat dishes, and cooked cereal.
Sweetened Condensed Milk	60	Add to pies, puddings, and milkshakes. Mix 1-2 tablespoons with peanut butter and spread on toast.
Powdered Milk	33	Add 2-4 tablespoons to 1 cup of milk. Mix into puddings, potatoes, soups, ground meats, vegetables, cooked cereals, milkshakes, yogurt, and pancake batter.

High Calorie/High Protein Instant Pudding (4 servings)

Per Serving: 240 calories and 8 grams protein

Ingredients

1 box instant pudding mix Frozen whipped topping (optional)
12 ounce can evaporated milk Chocolate syrup (optional)
½ cup whole milk

Directions

1. Pour the evaporated milk and whole milk in a blender container.
2. Slowly pour the instant pudding mix into the milk and mix or blend until smooth.
3. Pour into 4 dishes. Refrigerate and serve cold.

High Calorie/High Protein Gelatin Dessert (4 servings)

Per Serving: 210 calories and 8 grams protein

Ingredients

½ cup hot water
1 small box gelatin dessert mix (Jell-O), any flavor
12 ounce can evaporated milk

Directions

1. Dissolve gelatin mix in hot water.
2. Add the milk to the gelatin. Mix.
3. Pour into 4 dishes. Refrigerate until set and ready to serve.

Additional Information:

If you have questions, call: _____, *Registered Dietitian*

Phone: (717) 531- _____ or (717) 531-8406