



## High Calorie, High Protein Diet Ideas

Here are some ideas for adding calories and protein to foods that your child may eat for meals and snacks:

- Instant nonfat dry milk powder (33 calories per Tablespoon)
  - Add 2 – 4 tablespoons to 1 cup of milk
  - Mix into pudding, hot cereal, yogurt, milkshakes, pancake batter, mashed potatoes and soups
- Olive or canola oil (120 calories per Tablespoon)
  - Add to cooked meat, vegetables, pasta, rice, baked/mashed potato, casseroles, spaghetti sauce
  - Dip bread into oil (like at an Italian restaurant)
- Butter or margarine (35 calories per teaspoon)
  - Add to casseroles, sandwiches, bread, vegetables, pasta, rice, potatoes, popcorn
- Cheese (100 calories and 7 grams protein per ounce)
  - Give as snacks or add extra to sandwiches
  - Add to potatoes, vegetables, soups, casseroles, scrambled eggs, omelettes, beans, pasta, rice
- Mayonnaise or salad dressing (45 calories per teaspoon)
  - Use on sandwiches, salads, as a dip for raw vegetables, to make chicken/tuna salad, or as a sauce on cooked vegetables
- Evaporated milk (25 calories per Tablespoon)
  - Use in place of whole milk in desserts, baked goods and with cereal
- Sour cream (26 calories per Tablespoon)
  - Add to casseroles, potatoes, sauces and dips
- Sweetened condensed milk (60 calories & 1 gram protein per Tbsp)
  - Add to pie, pudding, cereal, hot cereal, and milkshakes
  - Mix 1 – 2 Tablespoons with peanut butter & spread on toast



- Nut Butter (95 calories and 4 grams protein per Tablespoon)
  - Serve on toast, bagels, waffles, pancakes, crackers, bananas, apples, and celery
  - Mix into hot cereal
- Nuts (150-200 calories and 7g protein per ¼ cup)
  - Eat plain as part of a meal or snack
  - Make a trail mix with your favorite nuts, dried fruit, granola, etc
  - Mix into oatmeal or cereal
- Avocado (60 calories per ¼ cup cubed)
  - Cut up into cubes and eat plain or with salt and pepper
  - Mash up and spread on sandwich or use as dip for veggies, crackers, chips, pita bread
- Dried Fruit (100 calories per ¼ cup)
  - Eat plain as part of a meal or snack
  - Make a trail mix with your favorite nuts, dried fruit, granola, etc)
  - Mix into oatmeal or cereal
- Granola (150 calories & 4g protein per ¼ cup)
  - Eat plain as part of a meal or snack
  - Eat mixed with milk as a cereal
  - Make a trail mix with your favorite nuts, dried fruit, granola, etc)
  - Mix into yogurt
- Hummus (25 calories & 1g protein per Tbs)
  - Use as dip for vegetables, crackers, chips, bread, tortillas, pita
  - Use as spread on sandwich or toast
  - Mix olive oil into dip for even more calories
- Gravy (40 calories per Tablespoon)
  - Use on mashed potatoes, rice, noodles, meats
- Carnation Instant Breakfast (130 calories & 7 grams protein per packet)
  - Add to milkshakes or milk



## High Calorie Snack Ideas

The following snacks are a good source of calories for children older than 3 years of age. They can be eaten as a meal, with a meal or between meals.

- Instant breakfast drink (280 calories)
  - 1 packet Instant Breakfast powder with 8 ounces of whole milk
- Instant breakfast shake (500 calories)
  - 1 packet Instant Breakfast powder, ½ cup Half-and-Half, ¾ cup ice cream mixed in a blender
- Cheese toast (175 calories per slice)
  - 1 ounce cheese on 1 slice toast; melt under broiler or in toaster oven
- Peanut butter & jelly sandwich with milk (555 calories)
  - 2 slices bread, 2 Tablespoons peanut butter, 1 Tablespoon jelly, 8 ounces whole milk
- Pizza (300 calories)
  - 2 slices cheese pizza
- Egg & cheese on English muffin (285 calories)
  - 1 fried egg, 1 ounce cheese on 1 buttered English muffin
- Yogurt smoothie (400 calories)
  - 8 ounces yogurt, ½ cup Half-&-Half, 1 cup frozen strawberries mixed in a blender
- Peanut butter & banana on toast (320 calories)
  - 2 Tablespoons peanut butter and 1 sliced banana on 1 slice of buttered toast
- Granola bar and yogurt (480 calories)
  - 8 ounces fruit yogurt and 2 granola bars
- Tuna salad on crackers (440 calories)
  - ½ cup tuna salad with mayonnaise with 5 crackers



- Trail mix (582 calories)
  - 1 cup Cap'n Crunch cereal, 12 almonds, 2 Tablespoons peanuts, 1/3 cup raisins, ½ cup chocolate chips
- Chili cheese fries (620 calories)
  - 1 cup French fries, 3 ½ ounces chili, 2 ½ ounces melted cheese
- Chips and dip with chocolate milk (507 calories)
  - 1 ounce potato chips, ¼ cup onion or Ranch dip, plus 8 ounces whole milk with 1 packet chocolate Instant Breakfast
- Buttered popcorn and grape slush (600 calories)
  - 2 cups popcorn with 2 Tablespoons melted butter, served with 1 high-calorie slush (2 grape fruit juice bars, ½ cup grape juice, 2 Tablespoons light corn syrup and 1 Tablespoon corn oil mixed in a blender)



## Recipes for High Calorie Shakes & Drinks

Prepare these drinks in a blender (except for the last recipe—use a saucepan). Wash the blender with hot soapy water and rinse very well between uses. (Glass blender containers are easier to keep clean than plastic.)

### Chocolate Peanut Butter Shake

**1070 calories**

½ cup heavy whipping cream  
3 Tablespoons creamy peanut butter  
3 Tablespoons chocolate syrup  
1 ½ cups chocolate ice cream

### Strawberry Crush

**700 calories**

2 cups frozen strawberries  
½ cup crushed pineapple  
½ cup juice  
½ medium banana  
1/3 cup sugar  
¼ cup lemon juice  
2 tablespoons honey

### Peaches and Cream

**630 calories**

1 cup whole milk  
1 cup canned or frozen peaches  
1 cup vanilla ice cream  
¼ teaspoon vanilla extract

### Instant Breakfast

**280 calories**

1 packet Instant Breakfast powdered drink mix  
8 ounces whole milk

### Apple Pie A La Mode

**545 calories**

1 cup canned apple pie filling  
½ cup whole milk  
1 cup vanilla ice cream  
Dash of cinnamon



### **Breakfast Shake**

**500 calories**

1 cup Half-&-Half  
1 packet Instant Breakfast powdered drink mix  
 $\frac{3}{4}$  cup ice cream

### **Grape Slush**

**500 calories**

2 frozen grape juice bars  
2 Tablespoons light corn syrup  
 $\frac{1}{2}$  cup grape juice or lemon-lime soda  
1 Tablespoon vegetable oil

### **Orange Sherbet Shake**

**480 calories**

$\frac{3}{4}$  cup orange sherbet  
2 Tablespoons corn syrup  
 $\frac{1}{2}$  cup lemon-lime soda  
2 Tablespoons vegetable oil

### **Old-Fashioned Milkshake**

**420 calories**

1 cup whole milk  
1 cup premium ice cream

### **Hot Chocolate**

**420 calories**

3 ounces milk chocolate  
 $\frac{1}{4}$  teaspoon vanilla extract  
1 teaspoon butter or margarine  
1 cup Half-&-Half  
Melt chocolate and butter in a saucepan over low heat. Add vanilla and slowly stir in half-and-half, small amounts at a time. Warm to desired temperature.

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  - oMix 1 – 2 Tablespoons with peanut butter & spread on toast
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Nuts (150–200 calories and 7g protein per ¼ cup)

- oEat plain as part of a meal or snack

- oMake a trail mix with your favorite nuts, dried fruit, granola, etc

- oMix into oatmeal or cereal

Avocado (60 calories per ¼ cup cubed)

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- oEat mixed with milk as a cereal

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- oMix into yogurt

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- oUse as dip for vegetables, crackers, chips, bread, tortillas, pita

- oUse as spread on sandwich or toast

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