



BEVERAGES

Use whole milk or double strength milk as a beverage

Use whole milk or double strength milk in cooking such as soups, casseroles, pudding, cream sauces

Double strength milk=1 cup dry skim milk powder mixed with one quart whole milk, mix well and chill

Add Instant Breakfast to whole milk or double strength milk: add ice cream and protein powder

Use Ensure and add ice cream, protein powder and mix in blender until smooth

Add non-fat dry milk powder to meatloaf, mashed potatoes, casseroles, meatballs

FRUIT JUICES

Apple, pineapple, grape and cranberry are higher in calories

Can mix with sherbet for additional calories

Freeze 100% pure juices into popsicles or snack cubes and add whole fruit

HINTS FOR HEALTHY WEIGHT GAIN

IN CHILDREN

CEREAL

Hot cooked with whole milk or double strength milk: add raisins, wheat germ and nuts for additional calories

Serve cold cereal with whole or double strength milk

Serve mixtures of whole grain cereals, raisins, wheat germ and nuts as snacks

FRUITS

Use fresh, frozen, canned or dried

Add to cereal, pudding, jello

Mix with yogurt or blenderize and add to eggnog or milk shakes or smoothies

Dip whole pieces into yogurt or cottage cheese mixture

Serve with cubes of cheese

Use dried fruits such as raisins, apricots, apples with or without trail mixes

VEGETABLES

Fresh, frozen or canned

Raw or cooked with dips of yogurt, sour cream, cottage cheese

Serve stuffed with peanut butter or cheese

Cooked and hidden in soups, casseroles with butter and cream sauces

SNACKS

Hard boiled eggs, protein shakes and protein bars, puddings, eggnog, milk shakes

Omelets made with whole or double strength milk and cheese

Nuts, sunflower seeds, popcorn made with real butter or cheese

SUPPLEMENTS TO ADD TO FOODS

Infant rice cereal, sugar, corn syrup, butter, margarine, heavy whipping cream

REMEMBER:

Let them eat whenever they are hungry

Let them eat calorie dense foods at unusual times like pizza or cold pasta and cream sauce for breakfast or breakfast for dinner

Involve them in cooking the food. Kids tend to eat things that they are a part of creating. Make your own pizza or sundae

Keep snacks handy for whenever they are hungry

From the office of *Elizabeth A McMorran NP*