

How to help your child gain weight

If your child needs to gain weight, here are some ways to help add extra calories. Try to encourage smaller, more frequent meals with foods that have lots of nutrients.

Dairy

- Try whole milk, flavored milk, buttermilk, hot cocoa or milkshakes with meals.
- Use milk or “Half and Half” instead of water to make soups and hot cereals.
- Make high-calorie milk by mixing 2 tablespoons of dry powdered milk into every cup of milk.
- Have ice cream or regular yogurt for snacks and desserts. Top off waffles or pancakes with ice cream, whipped cream or fruit toppings.
- Add whipping cream to pies, fruit, pudding, Jell-O, hot cocoa and other desserts.
- Serve heavy cream with fruits (peaches n’ cream, strawberries n’ cream, etc.)
- Add sour cream to potatoes, casseroles, dips, vegetables, fruit, beans and soups.
- Add cream cheese to spreads and cheesecake, or put it on crackers.
- Mix cheese with almost everything.
 - ~ Melt cheese in scrambled eggs or on fried eggs.
 - ~ Melt cheese on hamburgers and add it to other meat sandwiches.
 - ~ Melt cheese onto meatloaf, spaghetti, pizza and casseroles.
 - ~ Melt cheese onto baked potatoes, mashed potatoes and other vegetables.
 - ~ Add cheese to salads, soups and chili.
 - ~ Melt cheese onto bread, biscuits, rolls and cornbread.
 - ~ Serve cheese dip with chips or vegetables (broccoli, cauliflower, etc.)

For any recipe that calls for milk, use one of these instead: Ensure/Boost, Ensure Plus, whipping cream (heavy cream or light cream), whole milk or fortified milk.

Fruit shakes and smoothies can be made with juice or Boost Breeze in place of milk.

Meat

- Put extra meat on sandwiches.
- Have extra helpings of meat at meals. Eat the meat first and eat less of other food.
- Add chopped, cooked meats to soups, salads, pizza, macaroni and cheese, and pasta dishes.

- Add extra eggs to meat, casseroles, etc.
- Serve peanuts as snacks (trail mix), in cereals or breads, and on desserts.

Peanut butter

- Put extra peanut butter on sandwiches, bagels and biscuits.
- Spread onto cookies, vanilla wafers, graham crackers, granola bars, pretzels and crackers.
- Add peanut butter to pancakes, French toast, and waffles before pouring on the syrup.
- Put peanut butter on fruits and vegetables (apples, bananas, pears, celery, carrots, etc.).
- Make peanut butter milkshakes.

Fat

- Use butter, margarine, or oil.
 - ~ Add it to soups, vegetables, mashed potatoes, cooked cereal, pudding, rice, pasta and casseroles.
 - ~ Spread extra onto rolls, biscuits, cornbread, sandwiches and toast.
- Add salad dressings such as Ranch to vegetables, potatoes and salads.
- Add extra mayonnaise to sandwiches, tuna salad, egg salad, chicken salad and ham salad.
- Add gravy to potatoes, vegetables, rice, pasta and meats.
- Add extra frosting to fruit, cookies, cakes, graham crackers and other desserts.
- Fry meats and vegetables instead of baking or roasting them.

Try the high-calorie recipes below as snacks or as part of a meal.

High-calorie recipes

Super Shake

1 cup ice cream
1 cup milk
1 package Carnation Instant Breakfast
(also try Boost, Ensure, Scandishake, or Ensure Plus)
Blend well.

Peanut Butter Logs

1 cup dry milk
½ pound peanut butter
1/2 cup honey
1 cup Rice Krispies
1 cup 100% bran flakes
½ cup raisins
Combine all ingredients well. Flatten mixture in a large pan. Chill overnight. Cut into 2" x 1" bars for serving.

Strawberry Milkshake

½ cup frozen strawberries

1 scoop ice cream

½ cup milk (or supplement)

Mix or blend until smooth. Serves one.

Try other fruits—pineapple, raspberries, blueberries, bananas—and peanut butter.

Fortified Milk

1 quart milk 1% low-fat

1 cup instant non-fat dry milk

1 teaspoon water

1 teaspoon vanilla

Pour liquid milk into deep bowl. Add dry milk and beat slowly with beater until dry milk is dissolved (usually less than 5 minutes). Refrigerate. The flavor improves after several hours. Makes 1 quart.

Super Pudding

2 cups milk (or supplement)

2 tablespoons vegetable oil

1 package (4 1/2 oz.) instant pudding

3/4 cup nonfat dry milk powder

Stir milk and oil. Add pudding mix and mix well. Pour into dishes of 1/2-cup servings.

Smoothie

½ cup soft silken tofu (or soy milk)

¾ cup milk

2 tablespoons peanut butter

2 frozen bananas, sliced

1 teaspoon honey

Combine tofu and milk in blender. Add remaining ingredients and blend until smooth.

Fruit Dip

8 oz. cream cheese, softened

8 oz. vanilla flavored yogurt or pudding 1/3 cup brown sugar

½ teaspoon cinnamon

Blend until smooth. Serve with fruit.

Easy Fruit Dip

8 oz. container marshmallow cream

8 oz. cream cheese (any flavor)

Combine ingredients. Microwave 30-60 seconds to make it easier to combine.

Serve with your favorite fruit.

Peanut Butter Snack Spread

1 tablespoon instant dry milk

1 tablespoon honey

1 teaspoon water

3 heaping tablespoons peanut butter

Combine dry milk, water and vanilla, stirring to moisten. Add honey and peanut butter, stirring slowly until liquid begins to blend into peanut butter. Spread between graham crackers or saltine crackers.

The spread can also be formed into balls, chilled and eaten as candy. Keeps well in refrigerator, but is difficult to spread when cold. Makes 1/3 cup.

Vegetable/Cracker Dip

1 large container of sour cream

1 packet (dry) onion soup mix

OR

1 packet (ranch-style) dry salad dressing

Mix well and serve.

Dreamsicle

1 cup orange sherbet

1 cup milk

1 package vanilla Carnation Instant Breakfast or Scandishake

Blend together.