

HIGH CALORIE OPTIONS FOR CHILDREN OVER ONE YEAR OF AGE

- NO JUICE OR SODA- These are low in nutrients for growth and high in sugar that negatively affects the teeth.
- CARNATION INSTANT BREAKFAST MIXED WITH WHOLE MILK
- ENSURE PLUS MIXED 50:50
WITH WHOLE MILK
This is close to Pediasure in nutrients, but less expensive.
- SUPER SOY MILK – ADD ONE SCOOP OF ISOMIL POWDER TO
4 OZ OF “SILK” SOY MILK
- Put margarine or butter on vegetables

Snack Ideas

- If your child is 3 years or older, add peanut butter to apples or other fruit or crackers
- Cheese and crackers
- Use dips for veggies to encourage increased intake of these, also to improve calorie content.
- Drink a shake after dinner