

## HIGH CALORIE DIET FOR THE TODDLER AND PRESCHOOL CHILD

Keep in mind that feeding problems are very common at this age. Sometimes this is due to transitioning from breast or bottle to a cup and from blended textures to more chewy textures. These changes slow down the time it takes to eat at a period when your child had become more mobile and curious about his surroundings. A toddler needs limits. As a parent you need to maintain indirect controls on eating behaviors. You need to have set meals and snacks and provide foods that your child can eat. It is his job to determine what and how much he will eat. Many toddlers will react to pressure to eat by refusing to eat. They would rather go hungry than be submissive. This may be difficult for you as a parent to accept, but if you are presenting meals and snacks at regular times and in a form that your child can handle, you are doing your job. Try never to force feed or follow your toddler around every minute of the day trying to get him to eat. This will just frustrate you and actually cause your child to eat less.

### ABOUT SUPPLEMENTS

Supplements can be helpful in increasing calories, however they can also be very filling and cause solid food intake to decrease. Try to offer supplements as a meal replacement like a substitute for breakfast with a simple fruit or starch or before a nap or bedtime. Common supplements for this age group include:

PEDISURE NUTREN JUNIOR BOOST INSTANT BREAKFAST DRINKS

RESOURCE FRUIT BEVERAGE

### DIET GUIDELINES

1. Offer three meals and three snacks per day.
2. Offer high calorie foods whenever possible, but try to include at least one favorite food item on your child's plate.
3. Limit juice to 4 to 6 ounces per day. Do not let your child drink his calories as he will tend to fill up and won't be hungry for meals.
4. Do not let your child fill up on milk or supplements. Sixteen to twenty-four ounces is enough for one day.
5. If your child is breastfeeding or bottle feeding don't offer this choice during mealtimes but rather at snacks such as mid-afternoon and evening.
6. Offer water for thirst between meals.
7. Don't make dessert a reward for eating. Put a small serving on your child's plate with his other foods and let him determine when he will eat it.

## PROVIDE SAFE EATING PRACTICES

1. Cut foods into bite sized pieces. Meats should be chopped fine or ground. It is common for children at this age to chew but not swallow meats.
2. Offer some foods that are soft and moist.
3. Serve foods at room temperature.
4. Give child sized spoons and a small fork with dull prongs and unbreakable dishes.
5. Use a high chair or seat your child at a comfortable height to the table.
6. Meals and snacks should be offered at a designated eating area rather than all throughout the house.

## SUGGESTIONS FOR ADDING CALORIES TO THE DIET

Make Super milk by adding 1 cup instant nonfat dry milk powder to 1 quart of whole milk and keep refrigerated. ( 210 calories/cup).

Use whole milk or Super milk, whipping cream or half and half when preparing soups, hot cereal, hot chocolate or pancakes.

Add Instant Breakfast to whole milk, milkshakes, yogurt and puddings. ( 30 calories per tablespoon).

Add cheese to finger sandwiches, or shred and mix in mashed potatoes, refried beans, rice, pasta or heated vegetables. ( 100 calories/ounce).

Spread cream cheese on bread, crackers and soft vegetables or fruits. ( 50 calories per tablespoon).

Use whole milk yogurt only! You can also add it to milk, fruit, desserts, and to top on cereals, pancakes or waffles or make homemade smoothies. ( 20 calories/oz.)

Add finely diced pieces of cooked meat, fish, poultry or eggs to casseroles, soups, and potato, rice or noodle dishes ( 25 calories/tablespoon)

Put gravy or sauce on meats to moisten, as well as increase calories.

Add extra eggs to all batters such as pancakes and French toast. ( 1 egg equals 70 calories).

Spread peanut or other nut butters on bread, crackers, and soft fruits or blend into milkshakes. ( 90 calories/tablespoon)

Mix butter or margarine into hot foods such as soups, vegetables, potatoes, rice, hot cereals and casseroles.

Mix extra mayonnaise in egg or meat salads and spread on finger sandwiches or crackers. ( 100 calories/tablespoon )

Use vegetable oil to fry foods or add a small amount of oil to soups, vegetables, hot cereals, potatoes and casseroles. It can be added to any blended foods. ( 40/calories per teaspoon ).

Add mashed avocado to foods or served diced.

Top muffins, toast, crackers, waffles and pancakes with extra butter, margarine, cream cheese, peanut or other nut butter.

Some high calorie favorite foods for this age group include: whole milk, regular yogurt, regular puddings, smoothies, diced hot dog, sausage, and luncheon meats, mashed sweet potatoes, diced canned fruit, bite sized waffles and pancakes, mini muffins, crackers, butter, cream cheese, French fries, fried chicken strips and cookies.

#### Sample Menu

Breakfast	Lunch	Dinner
Scrambled egg with butter and cheese Sweetened applesauce Toast with butter/jelly Supermilk	Diced ham and cheese Steamed carrots in butter Diced sweetened peaches Cheerios Supermilk	Diced chicken in gravy Mashed potatoes with butter and cheese Pudding/whip cream Supermilk
Snack	Snack	Snack
Cracker/cream cheese Diced grapes	Pedisure Diced turkey Gold fish	Pedisure

Kaiser Permanente Santa Clara Pediatric Gastroenterology, Barbara Dodson,  
MSRD