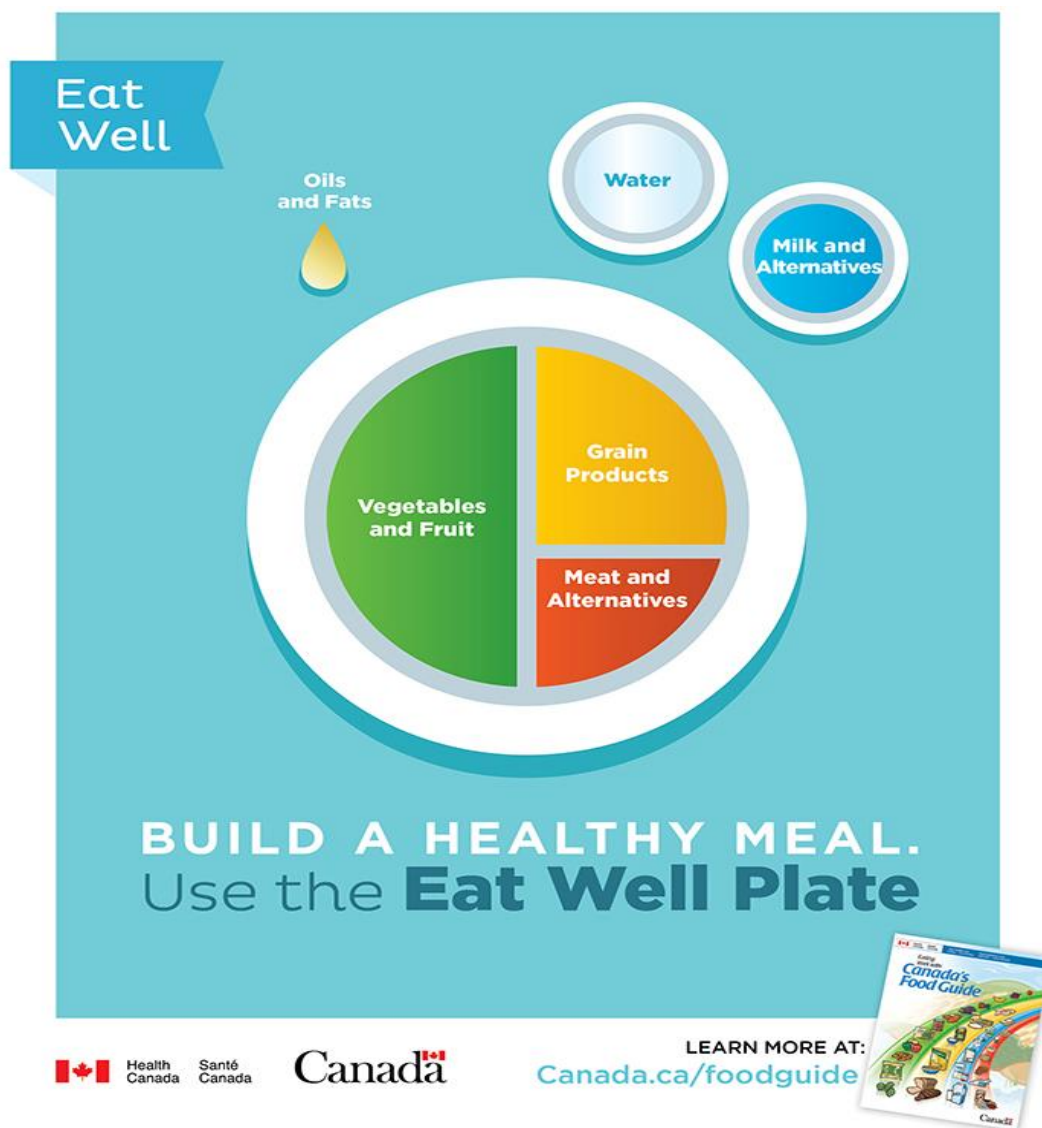


Energy Boosting for Children

Your child needs enough calories and protein from the foods they eat or drink in order for them to grow properly. The ideas below can help increase the amount of protein and calories at meals and snacks. The goal is to still maintain a balanced diet but ensure that every mouthful your child eats or drinks provides as much nutrition as possible. Continue to offer 3 meals and 3 snacks throughout the day. Aim for at least three of the 4 food groups at meals and two of the 4 food groups at snacks (see below).



| Food Category | High Energy High Protein Products | How to Use |
|-------------------------------------|---|---|
| Meat, Fish, and alternatives | <ul style="list-style-type: none"> • Chicken, turkey, beef, pork, fish • Bacon • Tofu, tempeh or soy • Eggs, egg whites • Beans and legumes • Nuts, nut butters, seeds, and hemp hearts | <ul style="list-style-type: none"> • Include meat, fish or meat-alternative in at least two meals per day. Use gravies or sauces for extra calories • Try bacon as a side to breakfast or chopped on salads • Try tofu or tempeh in a stir fry • Try adding an egg into soup, stir fry or make homemade French toast or waffles • Use cooked beans and lentils in soups, stir fry, chili, pasta • Offer hummus or roasted chickpeas as snack • Mash beans and use as fillings for sandwiches or wraps • Finely chop nuts and seeds for children and add to breads, muffins, pancakes, yogurt, ice cream, cookies, salads, and cereal |
| Dairy Products | <ul style="list-style-type: none"> • 2% or whole milk • Cream • Hard or soft cheese • Cottage cheese • 2% and above Greek Yogurt, sour cream, and cream cheese, • Ice cream and frozen yogurt | <ul style="list-style-type: none"> • Include at least 2-3 milk servings per day. Higher fat milks provide more calories • Use milk instead of water in recipes • Use skim milk powder in smoothies, casseroles, • Use cream in soups, sauces, cheese dishes, custards, cereals, use whipped cream on desserts, fold unsweetened whipped cream in dishes like mashed potatoes, stir fry, and pasta • Add cheese to sandwiches, wraps, vegetables, eggs, soups, sauces, pasta, and mashed potatoes • Add cottage cheese on crackers, toast or fruit • Add sour cream to soups, chili, baked potatoes or pasta salads • Add cream cheese to breads, muffins, wraps, crackers or use to make dips, sauces and dressing • Blend ice cream, milk and frozen fruits and make into a smoothie. Add ice cream to cookies and make into ice cream sandwiches |
| Nutritional Supplements | <ul style="list-style-type: none"> • PediaSure, Carnation Instant Breakfast | <ul style="list-style-type: none"> • Helpful when your child is not eating well • Offer at the end of the day as to not impact intake at meals • See https://pediasure.ca/en for more information |
| Other | <ul style="list-style-type: none"> • Dried fruits • Oils, butter, margarine • Honey, jams • Salad dressings, dips, sauces | <ul style="list-style-type: none"> • Add dried fruit to cereal, yogurt, granola, pies, quinoa dishes, sweet potatoes • Add oil, butter and margarine to almost any food • Add honey and jams to cereal, oatmeal, yogurt, muffins, pancakes • Add salad dressings, dips and sauces to salads, vegetables, fruits, meat dishes, casseroles, potatoes, eggs, sandwiches |

Making Changes to Your Child's Diet

| Time of Day | Regular Menu | Modified, High Calorie-High Protein |
|-------------------------------|---|--|
| <i>Breakfast</i> | 1 piece of toast 1tbsp peanut butter 1 cup juice | 1 piece of toast 1 tsp butter 1 egg scrambled with whole milk and grated cheese 1 cup whole milk |
| <i>Morning Snack</i> | 1 yogurt tube | 2-4% or higher Greek yogurt 1 tsp. honey 1tbsp hemp seeds or granola |
| <i>Lunch</i> | 1 flour tortilla ½ cup veggies 2oz chicken 1 cup juice | 1 tortilla ½ cup of veggies 2oz chicken shredded cheese 1 tsp. of ranch dressing 1 cup whole milk |
| <i>Afternoon Snack</i> | 1 Bear Paw | 10 crackers 2 tbsp almond or peanut butter 1 tsp. jam |
| <i>Dinner</i> | 4 chicken nuggets ¼- ½ cup veggies ½ cup rice | hamburger ¼- ½ cup veggies with cheese sauce ¼ cup mashed potatoes made with cream ½ cup strawberries with whipping cream |
| <i>Evening Snack</i> | ½ cup cereal ½ cup 2% milk | ½ cup oatmeal made with cream 1tbsp raisins and |

Easy High Protein-High Energy Recipes for Children

3 Ingredient Pancakes

Serves : 1

Prep and cook time : 10 minutes

Ingredients :

2 large eggs

1 large banana

2 tsp coconut or avocado oil

1/8 tsp baking powder if desired

Directions:

1. Mash banana with a fork in a bowl
2. Add 2 eggs and oil and mix well
3. Add baking powder
4. Heat skillet on medium and add 1 tbsp of butter to pan
5. Add 2-3 tbsp of batter with a ladle
6. Flip each pancake after 1 minutes

Nutritional Facts (per serving)

Calories : 334

Protein : 14 grams

<https://www.mensfitness.com/nutrition/healthy-recipes/25-best-high-protein-egg-recipes-all-day-breakfast>

Goat Cheese Omelette

Serves : 1

Prep and cook time : 15 minutes

Ingredients:

- 2 eggs
- 2 oz. of whole milk
- 1.5 oz. goat cheese
- 1 cup spinach
- 1 green onions
- 1 tsp. coconut or olive oil

Directions:

- Whisk eggs and milk in a bowl
- Chop green onions (only green part)

- Add coconut oil or olive oil to skillet on medium heat
- Add eggs mix when skillet is heated
- Add spinach, green onions, goat cheese on one side of the omelette when it is cooked through.
- Carefully flip the other half over the half with the filling and cook for another minute.
- Remove from pan when cooked
- Serve with Greek yogurt or cottage cheese on the side

Nutrition Facts (per serving)

Calories: 312

Protein : 23 grams

<https://www.muscleforlife.com/omelet-recipes/>

Almond Butter Bites

Serves: 18-20 bites

Prep and cook time: 10 minutes

Ingredients:

2 cups rolled oats

6 oz. almond butter

1/3 cup maple syrup (or honey)

Drizzle: 1/3 cup chocolate chips and tbsp. coconut oil

Directions:

1. Placed rolled oats in food processor and pulverize.
2. Add almond butter and maple syrup (or honey) and combine until mixture sticks together.
3. Transfer to a bowl and roll the dough into bite-size balls
4. Place coconut oil and chocolate chips in a microwave bowl and melt for 30 seconds. Drizzle over bites
5. Store in fridge

Nutrition Facts (per 40g)

Calories: 210

Protein: 6.1 grams

<http://www.eatgood4life.com/3-ingredient-almond-butter-bites/>

My Toddler's Favourite Pink Smoothie

Serves: 3 small servings or 2 large

Ingredients:

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/2 - 1 small beet, frozen
- 1 banana, ripe
- 1/2 cup kefir
- 1/2 cup milk of choice
- 2-3 tablespoons honey
- 1 tablespoon hemp seeds
- 1/2 cup of ice

Directions:

1. Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth.
2. Serve and enjoy!

<https://www.babyfoode.com/blog/my-toddlers-favorite-pink-smoothie>

Goals:

1. _____

2. _____

3. _____

Registered Dietitian: _____

905-378-4647 ext. _____

HOW ARE WE DOING?

You can provide feedback
or suggestions for
Niagara Health Clinical
Nutrition services at:

www.niagarahealth.on.ca/en/clinical-nutrition