Sample Calorie Boosters Menu for Children 2–3 Years Old

**Breakfast:**
- ½ cup dry cereal
- ½ cup fruit pieces
- 1 scrambled egg
- 4 ounces Super-Strength milk

**Snack:**
- 1 tablespoon peanut butter
- 2–3 crackers
- 4 ounces fruit juice

**Lunch:**
- ½ grilled cheese sandwich
- 4 ounces Super-Strength milk
- ¼–½ cup peas and carrots

**Snack:**
- ½ cup applesauce

**Supper:**
- 2 ounces chicken
- ¼ cup broccoli with cheese sauce
- 4 ounces Super-Strength milk

**Snack:**
- ½–1 cup high calorie, homemade milkshake

Tips To Help With Eating & Weight Gain Problems:

If your child is losing weight or failing to gain weight, try the following ideas to help improve their eating, growth and weight gain.

- Give your child three meals and no more than three healthy snacks every day. Nibbling close to meals can reduce your child’s appetite at mealtime.
- Plan for regularly scheduled meals and snacks at the table or designated eating place.
- Keep eating time relaxed and comfortable for all family members. Avoid distractions while eating, such as TV or allowing your child to roam. Try not to hurry meals and snacks.
- Avoid arguing, nagging or punishing. Forcing a child to eat may make things worse. Many children react to pressure by refusing to eat.
- Limit beverages. Offer drinks after or between meals; never right before or at the beginning of meals. Liquids can easily fill your child’s tummy and keep him from eating more nutritious solid foods.

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High Calorie Milkshake Recipes And Ideas:

An option for getting extra calories is making high calorie milkshakes with basic kitchen ingredients using a blender or a spoon.

Step One:
Begin by adding one cup (eight ounces) of a “milk base” to the blender container.

<table>
<thead>
<tr>
<th>Milk Base</th>
<th>Calories per Cup (eight ounces)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole milk (high fat)</td>
<td>150</td>
</tr>
<tr>
<td>Reduced fat milk (2%)</td>
<td>120</td>
</tr>
<tr>
<td>Low fat milk (1%)</td>
<td>100</td>
</tr>
<tr>
<td>Non-fat/skim milk</td>
<td>85</td>
</tr>
<tr>
<td>Soy milk</td>
<td>80–130</td>
</tr>
<tr>
<td>Super-Strength milk (2%)</td>
<td>240</td>
</tr>
</tbody>
</table>

Step Two:
Add any combination of the following calorie boosters to make a high calorie & tasty milkshake:

<table>
<thead>
<tr>
<th>Calorie Boosters</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut butter* (1 tbsp)</td>
<td>85</td>
</tr>
<tr>
<td>Vanilla ice cream (½ cup)</td>
<td>130</td>
</tr>
<tr>
<td>Banana (½ medium)</td>
<td>60</td>
</tr>
<tr>
<td>Blueberries (¼ cup)</td>
<td>40</td>
</tr>
<tr>
<td>Mixed frozen, canned or fresh fruit (½ cup)</td>
<td>60</td>
</tr>
<tr>
<td>Dry milk powder (1 tbsp)</td>
<td>30</td>
</tr>
<tr>
<td>Powdered “instant breakfast” drink mix</td>
<td>130</td>
</tr>
<tr>
<td>Pasteurized egg product (¼ cup)</td>
<td>40</td>
</tr>
<tr>
<td>Plain low fat yogurt (½ cup)</td>
<td>65</td>
</tr>
<tr>
<td>Low fat yogurt with fruit (½ cup)</td>
<td>120</td>
</tr>
<tr>
<td>Pudding cup (½ cup)</td>
<td>60–100</td>
</tr>
<tr>
<td>Table sugar (1 tbsp)</td>
<td>50</td>
</tr>
</tbody>
</table>

Sample Shakes:

- 8 oz low fat milk  100
- 1 tbsp peanut butter  85
- ½ banana  + 60

245 calories

- 8 oz 2% milk  120
- ½ c vanilla ice cream  130
- ½ c peaches  + 60

310 calories

- 8 oz Super-Strength milk  240
- ½ c blueberries  40
- ½ c fruit yogurt  + 100

380 calories

*Use only for ages 2 and older

You can try adding one or more of the following “calorie boosters” to the foods/drinks that you already know your child will consume well.

Powdered Milk:
- You can add powdered milk to hot cereal, hot cocoa, casseroles, meatloaf, mashed potatoes, sauces, soups or use in baking by adding to batter.

Super-Strength Milk:
- One quart milk
- One cup instant dry milk powder

Milk, Cream or Half-and-Half:
- Use in place of water in preparing foods such as hot cereal, hot cocoa, soups, cream sauces or batters.

Eggs:
- Add chopped hard-cooked eggs to salads, casseroles, vegetables or dressings, add an extra egg to pancake or French toast batter. (*egg whites are not for children under 1 year old).

Cheese/Cream Cheese/Cottage Cheese:
- Melt cheese on sandwiches, meats, bread, or vegetables.
- Grate and add to eggs, sauces, casseroles, meat loaf or pasta dishes.
- Use cream cheese to spread on bread, crackers or fruit slices.
- Try cottage cheese with fruit, Jell-o, or add to casseroles, eggs or pancake batter.

Peanut Butter or Other Nut Butters*:
- Spread on sandwiches, toast, pancakes or waffles or use as a dip for fruit or vegetable sticks. Blend peanut butter into milkshakes or batter/dough for baked goods.

High Calorie Condiments:
- Add oils, butter, margarine, gravy, mayonnaise, sour cream or other high calorie condiments to mashed/baked potatoes, noodles, hot cereals, rice, cooked vegetables or other foods where they can be tastefully mixed in.