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High energy foods



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For children with small appetites

Introduction

Many children go through phases of refusing to eat certain foods. Sometimes they can refuse to eat anything at all! This can be due to:

- illness
- a change of environment, for example being in hospital
- their way of showing independence, which is a normal part of growing up.

When children have a poor appetite, it is best to offer smaller portions of foods that contain lots of calories and protein. This booklet should help to give you ideas to increase the amount of energy and protein in foods and drinks.



Sample Menu

Remember to fortify using ideas on page 7

Breakfast:

Cereal or porridge with honey and full cream milk
Toast with margarine and fried egg
Milky drink



Mid Morning:

Crackers with butter and cheese
Milky drink

Lunch:

Baked beans on toast with margarine and grated cheese
Milk or cream based pudding. For example, rice pudding or thick and creamy yoghurt with fruit

Mid Afternoon:

Milkshake or fruit smoothie
Slice of cake

Evening meal:

Pasta with cream based sauce and cheese
Sausages and mashed potato made with full cream milk, butter and cheese
Plus vegetables with added butter
Custard or ice cream with jelly.

General advice

- **Encourage your child to eat by having family mealtimes sitting together at a table.**



- Keep portion sizes small, children with small appetites can be put off by large amounts of food on their plate.



Allow your child to be involved with the choice and preparation of the meal.

- Use small, colourful and attractive plates and bowls.
- Do not allow children to fill up on fizzy drinks or squash. These are not very nourishing, and can reduce appetite. Offer drinks between or after meals.
- Some children tend to go off their food when ill and prefer to drink. Your dietitian can advise on suitable supplement drinks if this is necessary.
- Offer frequent meals and snacks, for example three small meals with snacks in between.

High energy, high protein foods

It is important to ensure that children with small appetites eat food that is high in energy and protein. This can be done by encouraging high energy, high protein foods. You can also fortify foods to increase their energy and protein content. The following pages give examples of how to do this.

Milk



- Use **full cream milk**, aim for at least one pint, 500ml per day.
- Flavour with milkshake powder flavoured ice cream and give as a drink.
- Use in cereals, with soups or in puddings.

Yoghurt

- Use **full fat** yoghurts.
- Yoghurts are excellent as a snack.
- Yoghurts can be used to make smoothies by blending with fruit and milk or ice cream - see recipe on page 8.

Cheese

- Full fat cheese, such as cheddar and cheshire, are an excellent source of protein and calories.



High energy finger foods

- Sausages
- Cheddar with crackers
- Chicken nuggets
- Full fat yoghurt or ice cream
- Strips of toast with margarine or butter and honey, chocolate spread, peanut butter, hummus, cream cheese, mashed avocado, cheese spread
- Chunks of avocado
- Chunks of banana
- Fish fingers
- Biscuits or cake
- French toast - eggy bread
- Dried fruit such as dried apricots or sultanas - if dried fruit is difficult to chew, it can be soaked in hot water for a few minutes.



High energy drinks

- Hot drinks made with full cream milk, sugar and added whipped cream, such as hot chocolate, ovaltine and horlicks.
- Milkshakes made with full cream milk and ice cream.
- Smoothies made with yoghurt, fruit and ice cream.
- Dried milk powder can be added to all drinks, including milk to increase calorie and protein content. Add one to two teaspoons to 200ml. Stir until dissolved.

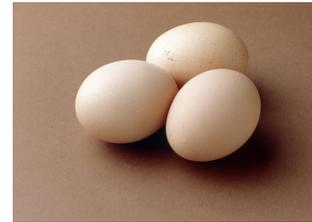
Banana and strawberry smoothie

10 whole strawberries
two ripe bananas
200ml full cream milk
200ml vanilla or fruit full fat yoghurt **or**
two big scoops ice cream

1. Peel bananas and cut into chunks. Place bananas, strawberries, yoghurt or ice cream and milk into a blender.
2. Blend on high speed for about one minute or until mixture is smooth. Pour into two glasses.

One teaspoon of golden syrup can also be added to the recipe.

- Cheese sandwiches and cheese on toast are good for a light meal.
- Individual cheese portions can be given as snacks on their own or with crackers.



Eggs

- Eggs are high in protein and calories.
- Fried egg bread is a high energy and protein meal or snack.

Meat, chicken and fish

- All types of meat and fish, and meat products, such as meat pies, sausages, burgers are good sources of energy and protein.
- Try to cook meat and fish by roasting or frying.
- Choose tinned fish in oil instead of brine.



Pulses and Nuts

- Try adding beans and lentils to cooked dishes, for example casseroles or soups to increase the energy and protein content.
- Baked beans on toast or peanut butter sandwiches are good mealtime ideas.

Some other ideas for weight gain

- Include a pudding once or twice a day.
- Offer dried fruit as a snack.
- Fry foods as often as possible instead of grilling.
- Include sugary foods whenever possible for example:
 - sugar
 - jam
 - honey
 - biscuits
 - cakes.



Give these in between meals, as they should not replace food at mealtimes.

- Include fat in foods whenever possible, for example add:
 - extra butter
 - margarine
 - cream
 - vegetable or olive oils.



Don't forget:

- Include fruit and vegetables. These are still important for vitamins and minerals, despite being lower in energy. Bananas are a higher energy fruit; they can be added to fruit smoothies to increase energy.
- Look after your child's teeth especially when eating sugary snacks and drinks. Brush at least twice a day.

Caution: Honey should not be given to children under one year of age due to potentially harmful levels of bacteria

How to fortify foods

- **Add** grated cheese, margarine, butter, cream sauces, mayonnaise or salad dressings **to** vegetables and salads.



- **Add** grated cheese, cream, margarine or butter **to** mashed potato.
- **Add** grated cheese, baked beans, margarine or butter **to** baked potato.

- **Add** dried fruit, crushed nuts, yoghurt, cream or honey **to** breakfast cereals.

- **Add** grated cheese, milk powder, beans, lentils, rice, dumplings, croutons or cream **to** soups.

- **Add** yoghurt, cheese, margarine, butter, flour, evaporated milk, cream or milk powder **to** sauces for pasta, meat or vegetables.



- **Add** dried fruit, jam, honey, cream, margarine/butter, yoghurt or evaporated milk **to** puddings.

- **Add** cream or grated cheese **to** scrambled eggs.



- **Add** cream, margarine, butter, honey, dried fruit or evaporated milk **to** porridge.