## Increasing caloric density of beverages and foods for toddlers

<table>
<thead>
<tr>
<th>Fortifier</th>
<th>Calories</th>
<th>Add to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonfat dry milk</td>
<td>25 kcal/Tablespoon</td>
<td>Potatoes, ground meats, cereals, pudding, yogurt</td>
</tr>
<tr>
<td>Cheese</td>
<td>100 kcal/ounce</td>
<td>Vegetables, casseroles, fish</td>
</tr>
<tr>
<td>Sour cream</td>
<td>30 kcal/Tablespoon</td>
<td>Beans, squash, potatoes, gravies, casseroles, salad dressing</td>
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<tr>
<td>Whipping cream (also called heavy cream)</td>
<td>60 kcal/Tablespoon</td>
<td>Gravies, casseroles, salad dressings, hot chocolate, cereal, potatoes, eggs</td>
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<tr>
<td>Butter, margarine, oil</td>
<td>40 kcal/teaspoon</td>
<td>Gravies, mashed potatoes, cereal, rice, pasta, bread, muffins, tomato sauce</td>
</tr>
<tr>
<td>Instant breakfast preparation</td>
<td>130 kcal /packet</td>
<td></td>
</tr>
</tbody>
</table>

## Recipes

One jar (4 ounces) strained fruit plus one scoop formula powder*

8 ounces whole milk + 2 Tablespoons nonfat dry milk powder = 24 kcal per ounce*

8 ounces whole milk + 3 Tablespoons nonfat dry milk powder = 28 kcal per ounce*

4 cups whole milk + 1 cup nonfat dry milk powder = 28 kcal per ounce*•

Mix 1 cup whole milk, 1 package instant breakfast and 1 cup ice cream in blender (430 kcal)*

Mix one-half cup whole milk and one-half cup "half-and-half" to increase calories•

1 kcal = 1 calorie.
* If making any of these changes causes your child to have diarrhea, stop and call your pediatrician.
• Can be used in cooking (e.g., mashed potatoes), baking (e.g., muffins, waffles), desserts (e.g., pudding, custard), etc.

Data from:
Texas Children's Hospital High-calorie, high-protein diet. Available at: www.texaschildrenshospital.org/Parents/TipsArticles/AcrobatDisplay.aspx?fid=145.