

# Increasing caloric density of beverages and foods for toddlers

FORTIFIER	CALORIES	ADD TO:
Nonfat dry milk	25 kcal/Tablespoon	Potatoes, ground meats, cereals, pudding, yogurt
Cheese	100 kcal/ounce	Vegetables, casseroles, fish
Sour cream	30 kcal/Tablespoon	Beans, squash, potatoes, gravies, casseroles, salad dressing
Whipping cream (also called heavy cream)	60 kcal/Tablespoon	Gravies, casseroles, salad dressings, hot chocolate, cereal, potatoes, eggs
Butter, margarine, oil	40 kcal/teaspoon	Gravies, mashed potatoes, cereal, rice, pasta, bread, muffins, tomato sauce
Instant breakfast preparation	130 kcal /packet	

## 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:

Bithoney, WG, Dubowitz, H, Egan, H. Failure to thrive/growth deficiency. *Pediatr Rev* 1992; 13:453. Frank, D. Failure to thrive. In: Behavioral and Developmental Pediatrics, 2nd ed, Parker, S, Zuckerman, B, Augustyn, M (Eds), Lippincott Williams & Wilkins, Philadelphia, 2005. p. 183.

Texas Children's Hospital High-calorie, high-protein diet. Available at:

[www.texaschildrenshospital.org/Parents/TipsArticles/AcrobatDisplay.aspx?fid=145](http://www.texaschildrenshospital.org/Parents/TipsArticles/AcrobatDisplay.aspx?fid=145).

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