

Boosting Calories

Some children need extra calories to grow. Getting more calories doesn't need to be a challenge. Caring parents like you can help your child grow up healthy and strong. The following are some suggestions to help boost calories.



FOOD	USE IN OR ON
2% or whole milk	Milk shakes, plain as a snack, puddings, soups
Coconut milk	Meats, puddings
Dry milk powder or Nido™	Casseroles, cooked cereals, mashed potatoes, meats, milk shakes, puddings, soups, yogurt
Whole fat yogurt	Cereal, fruit, pancakes, plain as a snack, smoothies, waffles
Cheese	Casseroles, crackers, dips, eggs, meats, pasta, plain as a snack, salads, sandwiches, soups, vegetables
Instant breakfast drink or FrescAvena™	Milk shakes
Ice cream	Milk shakes, plain as a snack
Eggs	Casseroles, french toast, omelets, plain as a snack, salads
Chunk light tuna packed in oil*	Breads, casseroles, crackers, pasta, salads, sandwiches
Canned beans (kidney, pinto, etc.)	Casseroles, pureed in sauces, salads, soups
Mayonnaise	Casseroles, salads, sandwiches, vegetables
Sour cream	Pasta, salads, tacos, vegetables
Avocados*	Beans, breads, crackers, guacamole, meats, vegetables
Butter	Baked goods, breads, casseroles, cooked cereals, sandwiches, soups, vegetables
Canola oil*	Baked goods, meats, pasta, vegetables
Olive oil*	Baked goods, meats, pasta, salads, vegetables

CAUTION: The following foods have the potential to cause allergies or choking in children under 3 years. Please talk to your doctor before offering these foods.

Peanut, sunflower or almond butter*	Baked goods, breads, cooked cereals, crackers, sandwiches, vegetables
Chopped nuts*	Baked goods, casseroles, cereals, fruit, ice cream, puddings, salads
Granola	Baked goods, ice cream, plain as a snack, or with yogurt

*These are heart-healthy fat choices.

Flavorful Fortified Milk

1 cup 2% or whole milk
¼ cup light cream

Mix together. Serve chilled.
Optional: add 1 packet of any instant breakfast drink

Serves 2

Nutrition per serving:

Without instant breakfast drink:

Calories: 128; Protein: 5 g; Fat: 9 g

With instant breakfast drink:

Calories: 193; Protein: 7.5 g; Fat: 9.5 g



Flying Saucer Pancakes

½ cup 2% or whole milk
2 tablespoons dry milk powder
1 egg
1 tablespoon canola oil
½ - ¾ cup pancake mix

1. Combine milk, dry milk powder, egg and oil; beat until egg is well blended.
2. Add pancake mix; stir until mixed well, but some lumps remain.
3. Cook on hot greased griddle or frying pan, turning when firm to brown on other side.
4. Add topping of your choice, such as fruit, yogurt or applesauce.

Serves 2

Nutrition per serving:

Calories: 227; Protein: 9.1 g; Fat: 11.5 g



Sunny Orange Shake

¾ cup vanilla-flavored yogurt
2 tablespoons dry milk powder
½ cup orange juice

In a blender, combine yogurt, dry milk powder and orange juice; blend until smooth.

Serves 2

Nutrition per serving:

Calories: 130; Protein: 5.4 g; Fat: 3 g

Super Pudding

2 cups 2% or whole milk
2 tablespoons canola oil
1 package instant pudding mix
¾ cup dry milk powder

In a medium bowl, stir together liquid milk and oil. Add pudding mix and powdered milk. Mix well. Chill.

Serves 6

Nutrition per serving:

Calories: 269; Protein: 11.3 g; Fat: 11 g

Cheesy Trees

4 cups broccoli
2 tablespoons butter
¼ cup flour
2 cups 2% or whole milk
1 ½ cups cut-up cheese

1. Bring a large pot of water to a boil. Add the broccoli, return to a boil, and cook, uncovered, until tender, about 3 – 4 minutes. Drain broccoli and set aside.
2. Melt butter in pan. Mix in flour. Stir and cook for 1 minute.
3. Slowly add milk and stir until sauce thickens. Add cheese and stir over low heat until cheese melts.
4. Serve over broccoli trees.

Serves 8

Nutrition per serving:

Calories: 178; Protein: 8.9 g; Fat 12.2 g

Awesome Granola

- 3 cups oats
- ½ cup shredded coconut
- 1 cup chopped walnuts
- ¼ cup honey
- ¼ cup butter, sliced into small pieces
- 1½ teaspoons cinnamon
- ¾ cup raisins

Heat oven to 325°F. Combine all the ingredients except raisins in a large bowl. Mix well. Bake in a 13 X 9 inch baking pan for 15 – 20 minutes or until golden brown, stirring every 5 minutes. Cool thoroughly. Mix in raisins and store in covered container.

Serves 20

Nutrition per serving:

Calories: 195; Protein: 4.4 g; Fat: 8.3 g

Macaroni and Cheese

- 8 oz whole wheat elbow macaroni
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups evaporated whole milk
- 8 oz shredded cheddar cheese
- ⅓ cup grated parmesan cheese
- ¼ cup wheat germ

Preheat oven to 350°F. Cook macaroni following the directions on box and drain.

Melt the butter in a small saucepan and add flour. Over medium heat, bring to a bubble; add milk, stirring constantly for 1 – 2 minutes. Add cheeses and blend well.

Combine macaroni and white sauce in a 2-quart casserole. Top with wheat germ. Bake for 20 minutes or until lightly brown.

Serves 12

Nutrition per serving:

Calories: 200; Protein: 9.6 g; Fat: 7.5 g



Volcano Mashed Potatoes

- 4 medium potatoes, peeled and boiled
- ¼ cup butter
- 2 tablespoons dry milk powder
- ¼ teaspoon salt
- ¼ cup 2% or whole milk
- ¼ cup heavy whipping cream
- ½ cup grated American cheese

1. Mash potatoes with an electric mixer.
2. Add butter, dry milk and salt. Gradually add milk and beat until fluffy.
3. In a well-greased baking dish, shape potatoes into several mounds with shallow craters in the center.
4. Whip the cream and fold the cheese into the cream. Spoon this into the craters and bake at 350°F for 15 minutes, or until lightly browned.

Serves 6

Nutrition per serving:

Calories: 200; Protein: 5.4 g; Fat: 14 g

White Bean and Avocado Dip

- 1 cup canned cannellini beans, drained and rinsed
- Juice from 1 lemon or lime
- 1 avocado, cut into chunks
- 2 tablespoons olive oil

Combine all ingredients in a food processor or blender and puree until smooth. Place in a serving bowl. Serve with crackers or use as a sandwich spread.

Serves 6

Nutrition per serving:

Calories: 150; Protein: 3.8 g; Fat: 7.2 g

Super Hero Milkshake

- 1 cup ice cream
- ½ cup 2% or whole milk
- 1 package instant breakfast drink

1. Mix all ingredients together and blend in blender or food processor.
2. For additional calories and flavor, add fruit of your choice or jello powder.

Serves 4

Nutrition per serving:

Calories: 198; Protein: 7.1 g; Fat: 8.2 g

Ham and Cheese Quiche

2 whole wheat frozen pie crusts
6 eggs
2 cups heavy cream
2 cups cheddar cheese
2 cups diced cooked ham

Preheat oven to 375°F. Set the unbaked pie crusts on a cookie sheet. Spread ham evenly over the bottom of the pie crusts. Sprinkle about half of the cheese over the ham.

Lightly beat the eggs with a wire whisk. Add the cream and beat until smooth. Carefully pour this mixture over the ham and cheese. Top with the remaining cheese.

Bake for about 30 minutes or until top is puffed up and brown or when a knife inserted in the center of the pie comes out clean.

Remove from oven and cool on a wire rack for 5 – 10 minutes. Serve hot.

Each quiche serves 8.

Freeze the extra quiche for a future quick and healthy breakfast.

Serves 16

Nutrition per serving:

Calories: 330; Protein: 13 g; Fat: 26.6 g

Parent-Tested Tips

- I add 2 tablespoons peanut butter to one packet of cooked oatmeal. It's an easy way to start the morning off.
- My child loves to dip things. I always have peanut butter, creamy dressing, ketchup, BBQ sauce or hummus in the house. Dipping makes eating fun!
- I add dry milk powder to soups, casseroles and puddings.
- I try to stick with the same scheduled meal times every day. This way, Nathan is hungry at the same time every day and is more likely to eat when I offer him food.
- Julia eats better after nap time so I always give her a healthy snack when she wakes up.
- I offer a milkshake before bedtime and I read my son a story. Then, we brush our teeth. John goes to bed and I get to relax!

1-800-WIC-1007



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