

Dietary Advice for Families High Energy Diet

Dietitian: _	
Contact: _	

All children need energy and nutrients to grow. Sometimes they need extra to remain healthy. Eating foods high in energy can help a child meet their nutritional needs, even if they can only eat a small amount of food.

This leaflet gives you ideas of nutritious high energy foods to include in your child's diet and ways to increase the energy content of foods that they already eat.

What can I do to help?

- Offer regular meals and snacks. Your child may need three meals and 2-3 small nutritious snacks each day. This is better than letting them pick at food all through the day.
- Always offer two courses at each meal. Main course followed by a sweet course, e.g. fruit crumble, sponge and custard, milk pudding or a full fat yoghurt.
- Make sure all foods you offer are full fat rather than low fat or diet.
- All children under the age of 5 years should take age appropriate Vitamin D drops every day. Ask for them at your local chemist.

More without having to eat more! – How to add extra energy to foods your child already eats

Using the following ideas means you can increase your child's energy intake without asking them to eat more:

- Butter or margarine you can add this generously to potatoes and vegetables; spread thickly on bread, toast, scones and pancakes.
- Cheese grate over baked beans, potato, scrambled egg or soup (mix in). Add extra to pizzas and pasta.
 Use generously on toast, in sandwiches and with crackers or biscuits.

- Mayonnaise add generously to tuna or egg in sandwiches or on salads, pasta or potatoes.
- Cream add into soups, sauces or desserts e.g. yoghurt or custard. Add to milk and use on breakfast cereal or porridge.
- **Fry foods** or roast in oil rather than grilling or baking.

Nutritious Snack Ideas

Offer 2-3 each day in addition to meals.

- cup of milk and toast with choice of butter and jam, cheese spread, chocolate spread or peanut butter
- whole milk with cream and a chocolate biscuit or shortbread
- bowl of cereal or porridge with full cream milk
- milk shake and a choice of scone with butter and jam, flap jack or Danish pastry
- tub of custard or mousse
- full fat yoghurt with fresh or tinned fruit
- cubes of cheese or cheese triangles with crackers
- choice of toasted crumpet, pancake or croissant with butter and jam
- bagel with cream cheese
- bread sticks with cream cheese or dips.

