Caring for Your Child
High Calorie Food Additions

Butter, Margarine, Oils

- 35-40 calories per teaspoon
- Add butter to hot cereal, breads, muffins, rice, pasta, potatoes
- Mix oil into baby food or pureed table foods
- Drizzle oil onto cooked vegetables, pasta, or chicken

Cheese

- 100 calories per ounce or slice
- Sprinkle onto vegetables, potatoes, rice, pasta, soup
- Top bread or crackers with a slice of cheese
- Mix into eggs or casseroles

Cream Cheese

- 50 calories per tablespoon
- Spread on bread, crackers, muffins
- Use as a dip for vegetables or fruit

Heavy Cream

- 50 calories per tablespoon
- Use in milkshakes, puddings
- Substitute for 1/3 of the milk in recipes for casseroles, macaroni and cheese, mash potatoes

Powdered Milk

- 25 calories per tablespoon
- Add to milkshakes, mashed potatoes, hot cereal, ground meat, macaroni and cheese
Sour Cream

- 25 calories per tablespoon
- Add to potatoes, casseroles, sauces, soups
- Prepare as a dip for vegetables, crackers, pretzels, tortilla chips

Salad Dressing

- 65-85 calories per tablespoon
- Use for dipping raw vegetables, pretzels, chicken or other meats

Avocado

- 75 calories per ¼ avocado
- Use in dips (guacamole) with tortilla chips
- Spread on toast or crackers

Wheat Germ

- 25 calories per tablespoon
- Sprinkle onto cereal, ice cream, or yogurt
- Mix into pancakes, waffles, hot cereal, quick bread or muffin mixes