

Increasing Calories for your Toddler

1. Offer 3 meals and 2–3 snacks each day, 2–3 hours apart.



2. Offer foods high in calories. Increase calories by adding butter, margarine, and oil to foods.



3. Use high fat dairy products: half and half, cream, whole milk, milkshakes, egg custards.



4. No juice, sports drinks, soda, water, Kool-Aid, etc. unless ill and at risk for dehydration.



5. Main drinks should be whole milk, mix of ½ whole milk and ½ half-n-half, Pediasure®, or Danimals®.

