

# ABC's of boosting calories



If you need to add calories to your child's diet, try adding some of these ABC's.

<b>A</b>	Avocado, almond butter, agave syrup
<b>B</b>	Butter, BBQ sauce, baked beans, banana bread
<b>C</b>	Cheese, cheese sauce, cheesecake, cream cheese, cream, cream soups, chocolate milk, caramel topping, chia seeds, custard
<b>D</b>	Dips, dried fruits, Danish, dates
<b>E</b>	Eggs, egg yolks, egg salad, evaporated whole milk
<b>F</b>	Fruit smoothies, fruit bars, frostings, French toast, flaxseed
<b>G</b>	Guacamole, gravy, gouda cheese, gelato, garbanzo beans, granola
<b>H</b>	Hot cereals, hummus, half 'n half, hot fudge sauce
<b>I</b>	Instant breakfast powder, ice cream
<b>J</b>	Jellies, jam
<b>K</b>	Ketchups, kidney beans
<b>L</b>	Liver sausage
<b>M</b>	Margarine, mayonnaise, milk shakes, milk powder, marshmallow crème
<b>N</b>	Nutella®, nut butters
<b>O</b>	Olives, omelet
<b>P</b>	Peanut butter, puddings, parmesan cheese
<b>Q</b>	Quiche
<b>R</b>	Ranch dressing, relishes, refried beans
<b>S</b>	Salad dressings, sandwich/cracker spreads, sour cream, sherbet, syrup
<b>T</b>	Thousand Island dressing, tartar sauce
<b>U</b>	"Ultra rich" desserts
<b>V</b>	Vegetable oils
<b>W</b>	Whole milk, whipping cream, whipped toppings
<b>X</b>	"Extraordinarily" rich desserts
<b>Y</b>	Yogurt
<b>Z</b>	"Zebra" pudding (half chocolate, half vanilla pudding)

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**