High-Calorie Foods

For weight gain and proper nourishment

Healthy Weight Gain

Weight gain is crucial during the first few years of development, especially for babies with developmental delays or babies who were born prematurely. It is important to feed your children nutritious, high-calorie options instead of just empty-calorie foods that won't help them stay healthy and gain weight.

Comparing Nutritional Value

When grocery shopping, make sure that you explore different brands of food. For example, when buying yogurt, compare the different fat and sugar values in each of the different options to ensure that you're buying the most nutritionally-beneficial food.

Additional tips

Instead of just having your child eat the meals served at daycare/preschool, try packing your child with their own lunch. This way you know what your child is eating and you are in control of the nutritional value and number of calories in their meals. Also, try not to give more than 2 ounces of juice every day. It will fill your child up without giving them the nutrition they need.

Examples of High-Calorie Foods

- Avocados
- Beans (mashed and cooked)
- Eggs (mash the yolk and add it to lower caloric foods)
- Whole milk yogurt
- Bananas
- Mashed potatoes

High Calorie Additives

These are some examples of items you can add to baby food purees, yogurt, cereal, and eggs to increase calorie content.

- Oils (ex. canola, coconut, sunflower are good sources of essential fats)
- Butter
- Heavy cream
- Maple syrup
- Cheese
- Ground chia seeds

Remember, adding calories is about adding fats, proteins, and carbs to gain weight in a healthy way. It's not just about adding fatty foods!

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