



# Help to gain weight:

## For children from 5 years

This is an information sheet which can be used while you wait to see the dietitian. If your GP has given you the information sheet, the diet needs to be monitored so continue to see your GP before you stop following the advice.

It is a simple **4 step** advice sheet to help your child gain weight.

**Step 1 = Regular meals**

**Step 2 = Energy dense foods and making meals higher in calories**

**Step 3 = Frequent high energy snacks**

**Step 4 = Nutritious drinks**



### STEP 1 = REGULAR MEALS

- A good routine of meals is important.  
Aim for: **3 small meals with 3 nutritious snacks or drinks each day**
- Start with small portions of everyday family meals and increase if your child can manage
- Offer 2 courses at mealtimes, one savoury course followed by a sweet course
- If your child is only managing small amounts, it's important to make sure these meals are as high in calories as possible
- Make meals colourful and interesting



## STEP 2 = ENERGY DENSE FOODS AND MAKING MEALS HIGHER IN CALORIES

**Food fortification** means adding extra energy or calories to meals, snacks and drinks without increasing the volume. This can be very helpful for children who have a poor appetite or eat smaller portions.

It is important to include a **variety of foods** in your child's diet, below are a few **high energy and fortification** ideas.

### BREAKFAST IDEAS

This is one the most important meals of the day as it gives your child the energy needed to start the day.

- **Cereal with full fat milk**
- **Pancakes**
- **Crumpets**
- **Cooked breakfast**
  - Bacon or sausage sandwich
  - Beans with cheese
  - Scrambled egg on toast
- **Toast**
  - Double butter (butter toast, allow to melt and then butter again)



### LIGHT MEAL IDEAS

- **Sandwiches or jacket potato**  
*Boost with: high calorie fillings:*
  - Egg mayonnaise/fried egg
  - Tuna or prawn mayonnaise/chicken and sweet corn/chicken and mayonnaise
- **Tinned foods such as:**
  - Spaghetti bolognese/spaghetti hoops
  - Baked beans with sausages and burgers
  - Ravioli/pasta*Boost with:* Extra butter, grated cheese or cream cheese



### MAIN MEAL IDEAS

- **Meat choices and fish**
  - Roast/fry/bake meat in oil
  - Avoid extra lean mince
  - Add oil with pastry brush or drizzle on
- **Asian dishes**
  - Add butter to chapatti
  - Add crème fresh, yoghurt, coconut oil or paneer to curry based dishes



## HIGH CALORIE PUDDINGS

- Full fat yogurts, fromage frais, ice cream with fruit
- Tea cakes, hot cross buns, scones, English muffins  
(*Tip* = with butter and an extra topping eg. Jam)
- Shortbread or cake slices
- Coconut rice, sagoo, tapioca
- Rice pudding  
Add extra toppings such as:
  - Double cream
  - Squirty cream
  - Ground almonds/nuts
  - Chocolate buttons
  - Dried fruit



## STEP 3 = FREQUENT HIGH ENERGY SNACKS

Offer 3 high calorie snacks in between meals. Make sure your child does not fill up on snacks and still has their main meals. Try offer savoury, sugar-free snacks more often to protect children's teeth from decay.

### Tooth friendly snacks

Try to have these more often and in between meals

- Cheese cubes or cheese straws
- Breadsticks, vegetable sticks or cheese straws dipped in hummus, creamy dip or guacamole
- Cheese on toast
- Mini sandwiches, buttered first
- Crisps eg. Nacho chips
- Plain crackers with cheese spread



## STEP 4 = NUTRITIOUS DRINKS

### Fortified milk

**Fortifying milk** is an inexpensive and easy way of boosting calorie intake and can be substituted for regular milk.

**This can be given at anytime of the day but it is best not to give this before bedtime.**

Make 1-2 pints for the day and use throughout in meals, drinks and snacks as milk is a very nutritious drink.

### How to fortify?

To each 1/2 pint of whole milk add 1 tablespoons of skimmed milk powder



### Milkshakes and Smoothies

Try to have after a main meal

#### Simple idea blend together:

200ml of fortified whole milk  
+ 1 scoop of ice cream  
+ fruit eg. Banana, mango, papaya

Can also try making them with:

- Peanut butter or honey
- Cream or coconut cream
- Full fat Greek yoghurt
- Malted drinks eg. Horlicks or Ovaltine
- Chocolate sprinkles or powder



### Patient Advice and Liaison Service

If you have any compliments about this service or suggestions for improvements contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

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