

## PATIENT INFORMATION

# HIGH PROTEIN AND HIGH ENERGY DIET FOR CHILDREN



## **Introduction**

Some children grow more slowly than expected. This may be because they have a poor appetite and cannot eat enough food or because they have increased energy requirements.

This information sheet will give you ideas on simple ways to make the food your child eats more nutritious and more calorie dense.

## **As a Guide**

- If your child has a poor appetite it is important to offer three meals each day, offering two courses at each meal. In addition offer 2-3 small snacks through the day.
- Bedtime is a good time to offer snacks as it doesn't spoil your child's appetite for other meals.
- If your child can only eat small portions, foods need to be as high in protein and calories as possible.
- Sugary and fatty foods are good sources of calories and should be used generously in your child's diet at meal times to add extra calories.
- Do not let sweets replace more nourishing foods - give them after a meal or snack.
- Make meals colourful and interesting and offer smaller portions.
- Never force a child to eat; try to encourage a calm and quiet atmosphere at mealtimes.
- Involve your child in food preparation.

## **Milk and dairy foods**

### **Milk**

- Use 1 pint of full cream milk daily. You can also add ice-cream, skimmed milk powder or cream to milk to add further calories.
- Use in drinks, milk shakes, on cereals, and in puddings, e.g. rice pudding, angel delight or instant whip.
- Do not use low fat milks (skimmed or semi- skimmed) as these are low in energy.

### **Yoghurt and fromage frais**

- Choose full fat yoghurts and fromage frais.
- Try adding yoghurt to cereal for a change.
- Full fat fruit yoghurts or fromage frais can be used to put on top of fruit, or added to milk puddings.
- Natural yoghurt can be added to casseroles to boost the protein content.

### **Cheese**

- Full fat cheeses like Cheddar, Lancashire and Cheshire, soft cheese, or cream cheese should be encouraged as they are nutritious.
- Avoid low fat cheeses like cottage cheese, curd or low fat hard cheese as they are lower in calories.
- Offer cheese sandwiches, cheese on toast or cheese and biscuits as snacks, or with grapes and pineapple. Add extra cheese to pizza.
- Sprinkle grated cheese over vegetables, potatoes, beef burgers, baked beans, and pasta dishes or add to soups.
- Use cheese in sauces e.g. cauliflower cheese, cod mornay.

## **Meat, fish, eggs, dhal, and pulses**

These foods provide protein to help your child grow.

### **Pulses and nuts**

- Add lentils or red kidney beans to soups and casseroles.
- Reduced salt baked beans on toast or peanut butter sandwiches make good snacks.
- Add chick peas to minced meat, stews, curries and chilli.

**NB.** Do not give peanuts or whole nuts to children under the age of 5 as they are at risk of choking.

### **Eggs**

- Use extra eggs in recipes for cakes and biscuits.
- Include chopped boiled egg in salads.
- Offer boiled, scrambled (with extra cream added), fried or poached egg for breakfast.
- Try omelettes with extra cheese or egg bread.

### **Meat and fish**

- All types of meat and fish are suitable. Foods can be cooked in any way, but if possible cook with added fat by frying or roasting, to add extra calories.
- Cut down on processed meats as they are higher in salt.
- Avoid leaner cuts of meat and do not trim off fat.
- Some children prefer meat to be moist and easy to chew e.g. shepherds pie, meatballs, spaghetti bolognese, lasagne. Add extra cheese to increase calories further.
- Tuna, salmon, pate and sausage all make good sandwich fillers. Add extra mayonnaise, salad cream or sauce to increase calories.
- Choose tinned fish in oil not brine.
- Add extra calories by adding cheese e.g. tuna melt, beef-burger with cheese.

## **Sugar and sweets**

As you are giving your child extra sugar and sugary foods it is important to clean your child's teeth well with fluoride toothpaste twice a day. Visit the dentist regularly.

- Use sugar in hot and cold drinks, on cereals and in puddings, to increase calorie content.
- Offer sugary foods for example jam, honey, cakes, biscuits and sweets.
- Do not use low calorie squashes, fizzy pops or artificial sweeteners.

## **Fatty Foods**

- All fatty foods are high in energy.
- Use butter or margarine liberally on bread. Add to vegetables, potatoes and pasta. Do not use low fat spread.
- Try to cook food in added fat if possible by frying or roasting. Choose olive oil and rapeseed oil which provide omega-3 fats.
- Encourage pastries, e.g. sausage rolls, steak pies, fruit pies, and quiches.
- Add cream to desserts, breakfast cereals, porridge, rice pudding, and to yoghurts.

## FRUIT & VEGETABLES

Fruit and vegetables provide Vitamins A, C, dietary fibre, and some are good sources of iron.

Fruit and vegetables can be quite filling so try to fortify with foods high in fat and sugar.

Serve tinned, stewed, or fresh fruit with cream, ice-cream, custard, dipped in chocolate, or add fruit to pies, cake or crumbles.

Avoid overcooking or soaking in water as nutrients can be lost.

Offer fruit juice to help absorb iron.

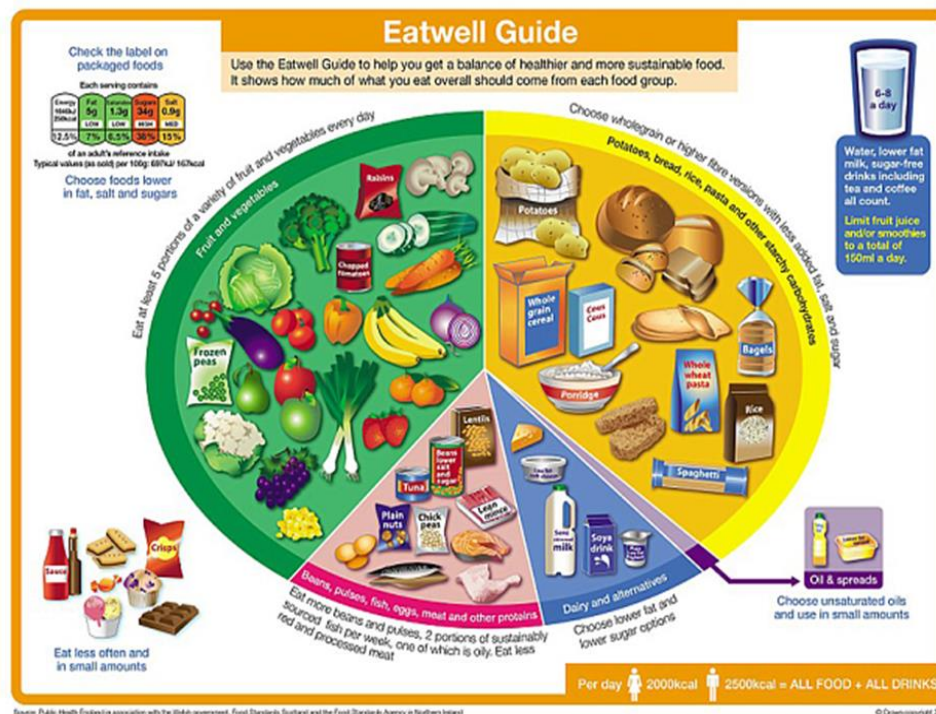
## MEAT, FISH, EGGS, BEANS and other non-dairy sources of protein

These foods provide protein to help your child grow.

They also provide iron, zinc, B Vitamins and Vitamin A. Some also provide good sources of omega 3 fats.

Offer at least 2 portions each day.

Double up on protein portions to make meals more nutritious e.g. ham, egg, and chips or cheese and ham sandwich.



## FOOD & DRINKS HIGH IN FAT AND OR SUGAR

These foods will provide the best source of calories although they have fewer nutrients.

Foods includes cream, butter, margarine, salad oils, mayonnaise, chocolate, crisps, sweets, biscuits, cake, ice-cream, pies, pastries, fizzy drinks, jam syrup and sugar.

Fortify dishes by adding foods from this section.

## BREAD, RICE, POTATOES, PASTA and other starchy foods

These foods provide plenty of energy. They also provide B vitamins, fibre and some iron and zinc.

Serve with all meals and as snacks.

Foods from this group include breakfast cereals, bread, chapatti, pasta, rice, couscous, potatoes and chips.

Spread margarine thickly on bread and also try marmalade, jam, chocolate spread or lemon cheese.

## MILK AND DAIRY FOODS

These foods add extra calories; provide protein, calcium, B Vitamins and iodine.

Offer at least 3 servings every day.

Use full fat milk, yoghurts and yoghurt drinks.

Grate cheese onto scrambled eggs, mashed potato or soups.

Use white, cheese or parsley sauces to add extra calories to meat, fish vegetables and pasta dishes.

## **Fruit and vegetables**

Although these are not high in energy or protein, they are important in the diet to provide vitamins and minerals.

- Melt margarine over vegetables, roast foods in oil, and try raw vegetables with hummus, dips, salad dressings, mayonnaise, and salad cream.
- Make creamy soups from vegetables.
- Add extra vegetables to pizza.

## **Drinks**

- Take care that your child doesn't fill up on drinks and reduce their appetite for meals and snacks. Try offering drinks after meals and snacks.
- Try to make drinks as nutritious as possible.

## **Vitamins**

All children up to 5 years of age should take Vitamin drops containing vitamins A C and D. Older children may need them if there is a risk of vitamin deficiency.

## **Snacks**

Offer small high calorie snacks between meals.

- Toasted bread or biscuits spread with jam, peanut butter, cream-cheese, or chocolate spread.
- Cheese triangles or cubes of cheese with crackers, chapatti or strips of pitta bread.
- Buns, cakes, muffins, scones with butter, cream or jam.
- Breadsticks with hummus, peanut butter, or cream cheese.
- Small sandwiches.
- Full fat yoghurt, fromage frais, or yoghurt drink.
- Dried fruit and nuts, or crisps.

## **Dessert ideas**

- Fruit crumble with custard or cream.
- Banana/ stewed fruit and ice-cream or cream.
- Full fat yoghurt.
- Fruit dipped in chocolate.
- Fruit pie with evaporated milk or ice-cream.
- Rice pudding with jam.
- Chocolate brownie with chocolate sauce.
- Angel delight or instant whip.
- Jam sponge and custard.
- Pancakes and chocolate sauce.
- Milk jelly or jelly with ice-cream or cream.
- Individual readymade trifle/ mousse/ desserts.



## **Sample Menu**

### **Breakfast**

- Fortified breakfast cereal with full fat milk and sugar.
- Scrambled egg/baked beans/cheese and buttered toast.
- Bagel with full fat cream cheese.
- Pancakes with jam.
- Milk or orange juice.

**Mid-morning** – choose from snack list followed by milky drink.

### **Main meal ideas**

- Spaghetti bolognaise with extra cheese, and salad.
- Fish pie with carrots.
- Sausages with mashed potato, peas and gravy.
- Lasagne with garlic bread and vegetables.
- Roast beef with roast potatoes, Yorkshire pudding and vegetables.
- Shepherds pie and vegetables.
- Mild curry or chilli served with rice or chips.

**Mid-afternoon** – snack from list followed by glass of fruit juice

### **Snack meal ideas**

- Toast served with baked beans and cheese/scrambled or fried egg/ tinned pasta shapes.
- Jacket potato with tuna mayonnaise and sweetcorn or beans and cheese or curry.
- Sandwich made with fish-fingers/sausages/tuna and mayonnaise/salmon and cucumber/chicken or egg mayonnaise.
- Ham and cheese omelette served with salad.
- Quiche and baked beans.

**Supper** - warm milk with a high calorie snack or pudding.

**Additional Information:**

## **Worcestershire Acute Hospitals NHS Trust**

Covering the Alexandra Hospital, Redditch,  
Worcestershire Royal Hospital and Kidderminster Treatment Centre.

Tel: 01905 733953

Email: [wah-tr.paeds.diet@nhs.net](mailto:wah-tr.paeds.diet@nhs.net)

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.