

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

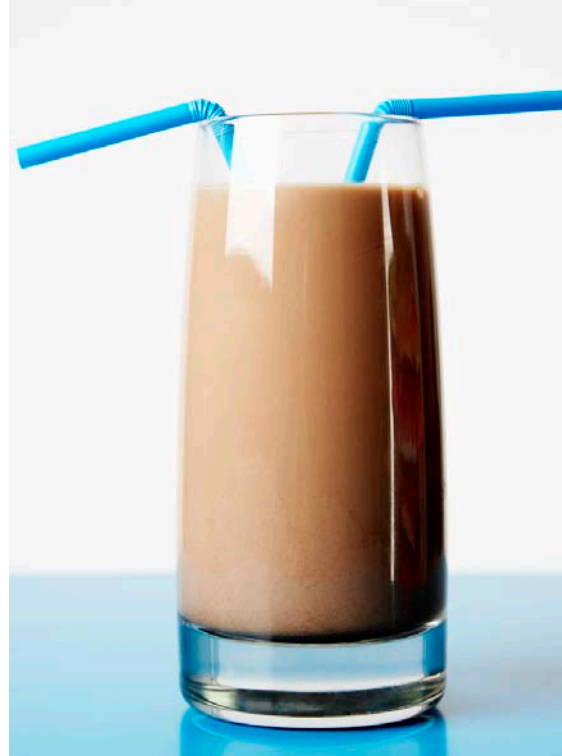
Failure to Thrive Nutrition Therapy

This handout explains how to choose foods that will help your child to get enough calories and protein to gain weight and grow better.

Meal Planning Tips

- Establish a regular meal and snack routine for your child:
 - Plan for three meals and two or three snacks, spaced at least 1 to 2 hours apart.
 - Allow 15 to 30 minutes for a meal, and 5 to 15 minutes for a snack.
 - Do not offer anything to eat or drink between set meal and snack times (except for water).
- Limit water and juice to 4 to 8 ounces per day. Offer milk or formula to drink instead.
- Make meals and snacks quiet, pleasant, and relaxed gatherings.
 - Limit distractions during meals. Turn off the television.
 - If possible, all family members should remain at the table for the entire mealtime.
- Feed your child in a chair at the table. Use forks, spoons, cups, bowls, and plates that are the right size for toddlers.
- Offer solid foods first, and limit the amount of fluids your child drinks with meals or snacks.
- If your child refuses to eat or throws a tantrum, wait a few minutes and try again. If the behavior continues, end the meal and wait until the next scheduled snack or meal to offer **any** food or drink (except water). Do not pay much attention to such behavior.
- Do not discuss eating in front of your child except to ask if she or he wants more or is done eating. Never force your child to eat.
- Add extra calories to every meal and snack. (See Recommended Foods for suggestions.)

Notes:



Recommended Foods

Choose foods that are high in calories, protein, and other nutrients when eaten in small portions.

Food Group	Recommended Foods
Milk and Milk Products	Whole milk Cream Half-and-half Whole milk yogurt Pudding Powdered nonfat dry milk Sweetened condensed milk Cheese Sour cream Ice cream
Meat and Other Protein Foods	Beef, pork, chicken, turkey, and fish Eggs Nuts and nut butters Dried beans and peas
Grains	Bread, rolls, english muffins, and bagels with butter, cream cheese, peanut butter, or other high-calorie toppings Muffins Pancakes, waffles, and french toast with butter and syrup Goldfish and club crackers; other crackers made with fat Ready-to-eat cereals with whole milk or cream Hot cereal prepared with whole milk or cream
Vegetables	All vegetables (prepare them with oil or butter, and serve with butter, margarine or cheese on top)
Fruits	All fruits (serve with sugar or cream on top, or with yogurt for dipping)
Fat and Oils	Butter, margarine, oil, mayonnaise, or salad dressing (use generous amounts)
Beverages	Whole milk and flavored milks (such as chocolate or strawberry) Pediasure, Kindercal, or other liquid supplements designed for children
Other	Chocolate syrup or caramel sauce Barbecue, tartar, or sweet-and-sour sauce Ketchup Maple syrup Cheese spread Honey (do not give to children younger than 1 year) Hummus

Foods Not Recommended

Avoid foods that fill children up but don't provide calories, protein, or other nutrients they need to grow and gain weight.

Food Group	Foods Not Recommended
Milk and Milk Products	Fat-free, low-fat, or reduced-fat milk Nonfat or low-fat yogurt Low-fat ice cream Sherbet Low-fat cheese Other low-fat or nonfat dairy products
Beverages	More than 4 ounces of juice, fruit-flavored beverages, or water per day
Other	Diet products or products prepared with artificial sweeteners Products labeled as "low fat" or "reduced fat"

Notes:

Sample 1-Day Menu

Breakfast	½ cup oatmeal, cooked in whole milk, with 1 tablespoon brown sugar ½ fresh banana, sliced, with 1 tablespoon peanut butter spread on top 4 ounces whole milk
Snack	2 butter-flavored crackers 1 ounce cheddar or American cheese 4 ounces water or juice
Lunch	½ cup macaroni and cheese, prepared with butter and whole milk ¼ cup carrot sticks with 1 teaspoon ranch dressing dip ½ cup sliced strawberries with 1 teaspoon sugar on top 4 ounces whole milk
Snack	4 ounces whole milk yogurt 1 tablespoons raisins
Evening Meal	2 breaded chicken tenders 1 teaspoon barbecue sauce ¼ cup tater tots ½ cup steamed broccoli with 1 tablespoon shredded cheese 4 ounces whole milk
Snack	4 ounces strawberry Pediasure

Notes: