

HELP YOUR CHILD GAIN WEIGHT

Healthy foods help your child grow and develop. Offer different foods from the MyPlate Guide to help your child eat healthy. Follow these tips to help your child gain weight:

- ! Offer 3 meals and 2 to 3 snacks each day.
- ! Encourage your child to be active because this will increase appetite.
- ! Set routine meal and bed times and be sure your child receives enough rest.
- ! Allow enough time at meals so your child doesn't feel rushed.
- ! Let your child help in the kitchen. Children are more likely to eat if they have helped.
- ! Offer drinks without caffeine because caffeine may lower your child's appetite.
- ! Offer liquids in the middle of the meal or after the meal if your child fills up on liquids.

MAKE EVERY BITE COUNT, INCREASE CALORIES AND NUTRIENTS

- ! Serve fruit with cream or whole milk or ice cream.
- ! Make high calorie milkshakes with extra ice cream.
- ! Add grated cheese to vegetables, soups, noodles, meat or fruit.
- ! Use milk instead of water when cooking hot cereals or cream soups.
- ! Add instant breakfast powder to milk.
- ! Add powdered milk to cooked cereals, eggs, cream soups, potatoes, puddings or casseroles.
- ! Add hard cooked, chopped or shredded eggs to salads, casseroles, soups or vegetables.
- ! If your child is 3 years old or older, add peanut butter to crackers, sandwiches, fruit slices or milkshakes.

For:

For Information about the Tennessee WIC Program visit
<http://tn.gov/wic>

This institution is an equal opportunity provider.



Tennessee Department of Health
Authorization No. 343534
No. of Copies 12000
This document was promulgated
at a cost of \$.08 a copy. 04/15
Edison # 1000050425