



# Healthy High Energy High Protein Eating for Children

Parent/Caregiver/Whānau Information – Nutrition & Dietetics

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## To increase the energy in your child's diet

- Have a meal time routine that includes 3 meals and 3 snacks daily. Try to avoid grazing between the 6 meals.
- Avoid giving drinks shortly before or with meals so that your child does not fill up on fluids.
- Serve the main meal when your child is hungriest. This may be late morning or lunchtime.
- Provide a second course at breakfast, lunch and dinner, eg. low fat yoghurt, custard, creamed rice, cheese and crackers.
- Include a calorie containing drink at snack times, ie. cow's milk or soy based drink.
- Include a protein source at each meal or snack.

## High protein foods

- Lean meat and poultry – trim visible fat and remove skin
- Fish and seafood – especially oily fish, eg. salmon and tuna
- Eggs
- Unsalted nuts and seeds
- Soy milk
- Reduced fat dairy products, eg. milk, cheese, cottage cheese, yoghurt, milk powder, custard, creamed rice
- Beans and legumes, eg. lentils, chickpeas, hummus, falafel, baked beans, edamame
- Tofu

## High energy foods

- Oils, eg. olive, rice bran, canola, sunflower
- Reduced salt margarine or olive oil/rice bran spread
- Nut and seed butters, eg. peanut, almond and cashew butters (no salt or sugar), tahini (sesame seed butter)
- Nut and seed powders, eg. ground almonds or LSA – linseed, sunflower seed, almond powder
- Salad dressing (oil based)
- Mayonnaise
- Avocado
- Dried fruit (for children over two years of age)

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