

High Calorie and Protein Eating Plan for Infants (6 -12 months of age)

Infants need enough energy, protein and nutrients to grow. Sometimes babies have trouble gaining weight due to illness, but more often it is because their appetites are small and they find it hard to eat enough food.

These infants need help to grow and gain weight well. Choosing foods naturally higher in energy and protein can assist with growth and development. These foods should be used often to enable a higher intake of these nutrients. Foods that are higher in energy and protein include meat, chicken, fish, eggs, dairy products, fats and oils. The introduction of some of these foods like fish, eggs and dairy should occur at around 9 months of age.

Some infants need added protein and energy to assist with their weight gain and growth. One of the simplest ways to do this is to increase energy and protein in the foods they eat. The tables below provide simple suggestions for increasing the energy and protein content of food for your child.

From Around 6 Month of Age

Food/Fluid	Uses to Boost Energy and Protein
Breast milk	<ul style="list-style-type: none"> • Use breast milk to puree vegetables, fruit, meats or rice cereals
Formula	<ul style="list-style-type: none"> • Use formula to puree vegetables, fruit, meats or rice cereals • Your dietitian may give you a special recipe for your formula
Carbohydrate supplements	<ul style="list-style-type: none"> • Your dietitian may prescribe you a carbohydrate supplement such as <i>Polyjoule</i> to add to foods and fluids. Please follow the directions of your dietitian when adding to food.
Oil	<ul style="list-style-type: none"> • Can be used for frying meats • Can be used to puree vegetables • Can be added into baby rice cereal • Drizzle over the top of rice, vegetables, noodles or pasta
Margarine	<ul style="list-style-type: none"> • Can be used for frying meats • Can be used to puree vegetables • Can be added into baby rice cereal • Melt over rice and pasta • Spread thickly on sandwiches and toast • Add to savoury canned foods
Beef, lamb, pork and chicken	<ul style="list-style-type: none"> • Can be pureed with oil after cooking • Fry with oil to increase calories • Try ham, cheerio, sausage, meatballs or small diced meat • Baked beans, lentils and other legumes are meat alternatives. Add butter, sauces, grated cheese and oil for extra energy.

Avocado	<ul style="list-style-type: none"> • Use as a spread on sandwiches, • Dip with biscuits • Mash and mix with fruit or vegetables
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Introduce after 9 months of Age

Food/Fluid	Uses to Boost Energy and Protein
Full fat dairy products: yoghurt, custard, sour cream and ice cream	<ul style="list-style-type: none"> • Excellent sources of protein, fat and calories • Include regularly as snacks • Add cream cheese to purees • Use cream cheese on sandwiches • Cream cheese or sour cream based dips make a good dip for partly cooked vegetable fingers
Cream	<ul style="list-style-type: none"> • Add to fruit or vegetable purees • Add to soups and casseroles • Add to cereals
Cheese	<ul style="list-style-type: none"> • Grate and add to pureed vegetables • Grate over pasta, rice and casseroles • Grate over baked beans and tinned spaghetti • Use as a snack (eg. Slices or sticks)
Egg	<ul style="list-style-type: none"> • Excellent source of nutrition. • Use as a binder to foods like meatballs • Try scrambled eggs (add cream, bacon, cheese for extra energy!) • Dip toast into boiled eggs • Fry with extra margarine, butter or oil

How much should I use?

The amount of a booster required will depend on your child's age, stage of development and medical history. The list below will help you know how much of a booster to use. If you are unsure if a booster is suitable for your child, discuss this with a dietitian before starting.

	Foods	Energy and Protein Boosters
First Foods	2 tbs puree or mashed vegetables	2 tsp margarine or oil
Soft Foods	½ cup baked beans/spaghetti ½ cup of cereal 2 tbs cooked noodle ½ cup cooked rice and vegies	1 tbs grated cheese 2 tbs of cream 2 tsp margarine/oil 1 tbs margarine/oil
Finger Foods	Partly cooked vegetables Sandwich Meat	Dip in cream cheese or avocado Use thickly spread margarine add cheese/avocado Cook in oil/add cheese

Note: tbs = tablespoon, tsp = teaspoon