

# High energy food and drinks

Nutrition information and tips for families

**Most children on treatment will have a poor appetite at some stage, or they may have problems with weight loss or slow growth. A diet high in energy may be necessary.**

While getting enough energy to grow is important, so is eating a balanced diet that provides plenty of nutrients such as protein, fat, vitamins and minerals. This means including foods each day from the following groups:

- Bread and cereals including rice, pasta, noodles, and breakfast cereal.
- Fruits and vegetables including fresh, frozen, tinned or dried.
- Meat and meat alternatives including meat, fish, chicken, eggs, nuts and legumes like baked beans or lentils.
- Milk and dairy foods including cream, cheese and yoghurt.
- Fats and oils including margarine, butter, oil and cream.

There are two ways to increase the energy in your child's diet: increase the energy content of the food being eaten, or eat more food.

## Increasing energy content

To increase the energy content of food, the following can be added:

**Butter** – melt over vegetables, rice and pasta. Spread thickly on bread or toast. Spread on sweet and savoury biscuits.



**Oil** – fry foods where possible and stir fry vegetables. Try fried rice. Use oil to baste if grilling food and use oil-based salad dressing.

**Mayonnaise** – use on sandwiches or mix with tuna or egg to use on dry biscuits. Use as a salad dressing or serve with fishcakes or fish fingers. Do not use raw egg products when your child is neutropenic.

**Cheese** – add grated cheese to soups, pasta, casseroles, mashed potato, egg dishes, tinned spaghetti, baked beans or melted on vegetables. Use cream cheese in dips or spread on biscuits or bread.

**Cream** – add to milk, breakfast cereals, desserts, custard, yoghurt, sauces and soups.

**Milk** – make soups and puddings with milk instead of water. Add full-cream milk powder to milk to use for drinks and in cooking.

**Sauces** – use gravies and sauces on vegetables and meat dishes. Add sweet sauces and toppings to ice cream and other desserts.

**Nut butters** – add them to meals like noodle dishes. Use as a dip or spread on biscuits or bread/toast. Add to smoothies.

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### Tips for making meal times more enjoyable

To help your child eat well, it is important to make meal times as relaxed and happy as possible. Try the following ideas:

- Serve the main meal when your child is hungry – this might be at lunchtime for infants and toddlers. Be flexible.
- Offer your child six small meals to help improve appetite and food intake.
- Try a dessert after main meals.
- Look at how much fluid your child drinks at mealtimes. Try separating drinks from meals to increase the amount eaten, and don't offer drinks shortly before meals. Avoid lots of sweet drinks such as juice, cordial and lemonade.
- Instead, consider combining nutrition with hydration by offering nourishing drinks (e.g. milk-based drinks).
- Tempt your child with fancy drinking straws, decorated cups, plates and cutlery, and vegetables and sandwiches cut in various shapes.
- A change of venue such as a picnic outside or on the floor sometimes helps.
- Make mealtimes as relaxed as possible without distractions such as television. Try to get the family to eat together.
- During treatment, children sometimes find it hard to decide what they want to eat. Consider giving them a few options to choose from.
- Be patient – hardest of all!

### High-energy snack ideas

#### Savoury foods

- Soup – choose creamy varieties made with milk rather than water. Serve with toast and lots of butter.
- Toast – top with mashed avocado, cream cheese or grilled cheese. Use lots of margarine or butter.
- Muffin pizzas – spread toasted muffin with tomato paste and then top with ham, onion, capsicum, pineapple and lots of grated cheese and grill.
- Sausages in bread with tomato sauce.
- Hot chips or potato cakes.
- Mashed potato and gravy.

- Jacket potatoes – bake in the microwave and then top with sour cream, baked beans, cheese, butter, avocado, or the lot!
- Baked beans on toast – use lots of butter on the toast and then top baked beans with grated cheese.
- Garlic bread.
- Party pies and sausage rolls.
- Toasted sandwiches with butter on both sides.
- Croissants with ham and cheese.
- Eggs on toast.
- Jaffles filled with ham, cheese and tomato, leftover casseroles or baked beans. Use lots of butter.

#### Sweet foods

- Pancakes with lemon and sugar or butter and jam.
- Crumpets with lots of butter and honey.
- Raisin toast with lots of butter.
- Muffins – spread with lots of butter or margarine and then add ham, honey or peanut butter.
- Croissants with butter and jam.
- Self saucing puddings and cream. Look for the instant puddings in the supermarket.
- Hot chocolate with marshmallows.
- Hot custard with chopped banana or tinned fruit.
- Scones with jam and cream.
- Ice cream – try it in a cone with topping or sprinkles.
- Doughnuts or iced buns.



#### Foods to be mindful of

It is fine to have treats like lollies, chocolates, and takeaway foods. However, eating too many of these foods will fill your child up and leave little room for more nutritious foods.

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### High-energy drink ideas

Sometimes adding extra energy to your child's drinks can be easier than increasing solid food options. Here are some ideas:

#### Hot chocolate

- 1 cup of full-cream milk
- 1 tbsp cocoa
- 1 tbsp malted milk
- 2 tsp sugar
- Marshmallows

Combine cocoa, malted milk powder and sugar. Pour in  $\frac{1}{4}$  of the milk, stirring to form a smooth paste. Gradually stir in remaining milk and heat. Pour into a cup and top with marshmallows.

#### Fruit smoothie

- 1 cup full-cream milk
- 1 scoop ice-cream
- 1 banana, or  $\frac{1}{2}$  cup fresh strawberries, or  $\frac{1}{2}$  cup of peaches

Blend all ingredients.

#### Fortified milk

- 1 cup full-cream milk
- 2 tbsp full-cream milk powder

Mix together and use this for milkshakes, on cereal and for milky desserts such as custard.

#### Basic milkshake

- 200ml full-cream milk
- 2 scoops ice cream
- Flavouring/topping

#### High-energy milkshake

- 200ml full-cream milk
- 2 scoops ice cream
- 1 tbsp cream
- 1 tbsp full-cream milk powder
- Flavouring/topping

#### Sustagen™ shake

- 200ml full-cream milk
- 2 scoops Sustagen™ powder
- 2 tbsp ice cream
- 1 tbsp chocolate topping



#### Try adding these to milkshakes:

- Glucose polymer, such as Polyjoule™ or Polycose™
- Sustagen™
- Milo™
- Yoghurt
- Honey
- Cream
- Pediasure™
- Nutrini Drink™
- Ensure™

#### Try these flavour ideas:

- Choc-berry – chocolate and strawberry topping
- Choc-banana – chocolate and banana topping or fresh banana
- Flake – crumbled flake bar and chocolate fudge sauce
- Choc-honeycomb – crushed honeycomb and chocolate
- Fudge sauce
- Caramel – grated white chocolate and caramel fudge sauce
- Fruit smoothie – banana and honey, frozen berries, mango, apricot.

**There are nutritional supplement drinks that may be required when your child has very low weight and/or energy intake. Speak with your dietitian about these.**

**Check with your dietitian if they can give you a discount prescription, or register you on the Home Supplement program for some supplements.**

**Disclaimer:** This information is for educational purposes only and should not be seen as a substitute for advice from your doctor or other professional healthcare providers. If you have specific questions about the content of this information, or any other medical matter, it is recommended that you consult your doctor or other professional healthcare provider. This information is considered to be true and correct at the date of publication, however changes in circumstances after the time of publication may impact on the accuracy of this information.

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