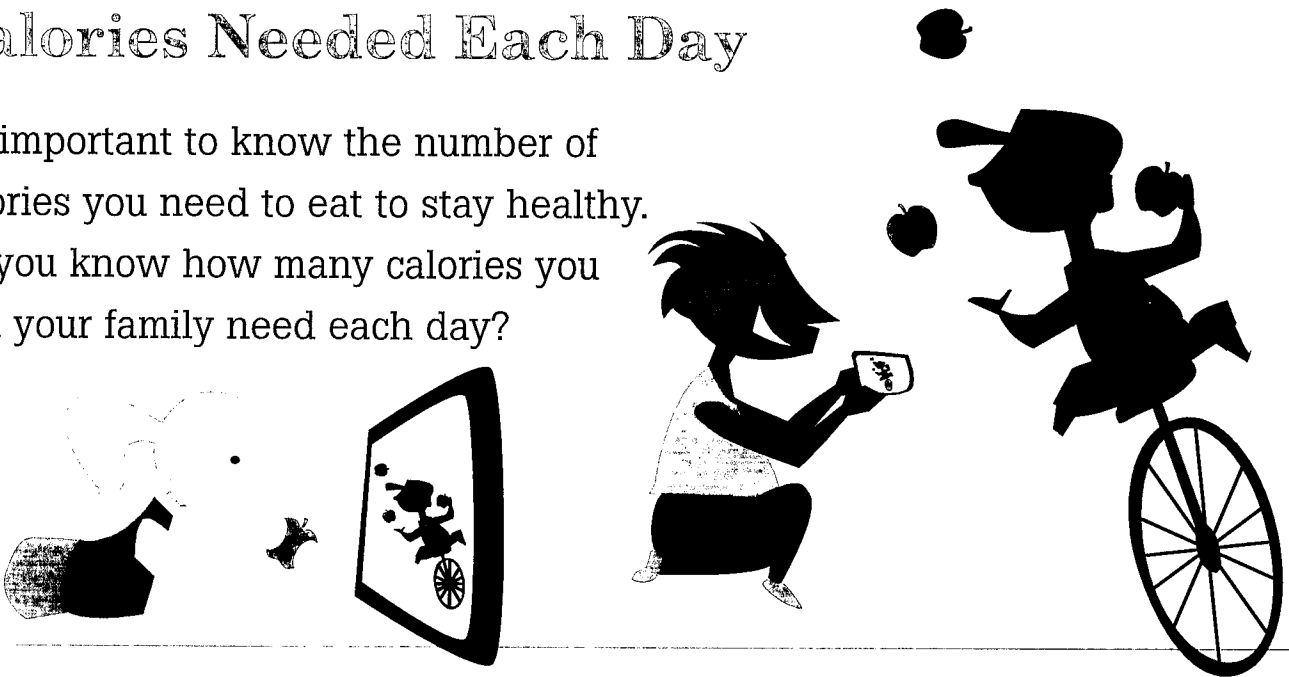


# parent tips

## Calories Needed Each Day

It's important to know the number of calories you need to eat to stay healthy. Do you know how many calories you and your family need each day?



How many calories you need each day—ENERGY IN—depends on a few things:

- Your age
- Whether you are male or female
- How active you are

The tables on the next pages show the calories needed each day for boys and men, and for girls and women. They are split by age and three levels of activity.

**Not Active**—Not much ENERGY OUT. Does only light activity needed for daily life. For instance, cooking or walking to the mailbox.

**Somewhat Active**—Some ENERGY OUT. Does physical activity equal to walking quickly for 1 ½ to 3 miles (about 30–40 minutes) each day. Plus, does light activity needed for daily life.

**Very Active**—A lot of ENERGY OUT. Does physical activity equal to walking quickly for more than 3 miles each day (more than 40 minutes). Plus, does light activity needed for daily life.

**not  
active**



**somewhat  
active**



**very  
active**



These tables give you an idea of how much ENERGY IN your family members need.

The amount of calories needed differs by age based on the level of regular physical activity. That's why the tables give a range of calories for some age groups.

- For children, more calories are needed at older ages.
- For adults, fewer calories are needed at older ages.

### Calories Needed Each Day for Boys and Men

Age	Not Active	Somewhat Active	Very Active
2–3 years	1,000–1,200 calories	1,000–1,400 calories	1,000–1,400 calories
4–8 years	1,200–1,400 calories	1,400–1,600 calories	1,600–2,000 calories
9–13 years	1,600–2,000 calories	1,800–2,200 calories	2,000–2,600 calories
14–18 years	2,000–2,400 calories	2,400–2,800 calories	2,800–3,200 calories
19–30 years	2,400–2,600 calories	2,600–2,800 calories	3,000 calories
31–50 years	2,200–2,400 calories	2,400–2,600 calories	2,800–3,000 calories
51 years and older	2,000–2,200 calories	2,200–2,400 calories	2,400–2,800 calories

### Calories Needed Each Day for Girls and Women

Age	Not Active	Somewhat Active	Very Active
2–3 years	1,000 calories	1,000–1,200 calories	1,000–1,400 calories
4–8 years	1,200–1,400 calories	1,400–1,600 calories	1,400–1,800 calories
9–13 years	1,400–1,600 calories	1,600–2,000 calories	1,800–2,200 calories
14–18 years	1,800 calories	2,000 calories	2,400 calories
19–30 years	1,800–2,000 calories	2,000–2,200 calories	2,400 calories
31–50 years	1,800 calories	2,000 calories	2,200 calories
51 years and older	1,600 calories	1,800 calories	2,000–2,200 calories

Source: HHS/USDA Dietary Guidelines for Americans, 2010

**We Can!** is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

**We Can!** Ways to Enhance Children's Activity & Nutrition, **We Can!**, and the **We Can!** logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).



# ADHD Meal and Snack Strategies

Snacks are a good way to help meet nutritional needs. Choose highly nutritious snacks with calories and protein to help kids grow. Avoid high sugar snacks and drinks such as Kool-Aid<sup>®</sup>, candy and cakes which may spoil your child's appetite without providing important nutrients.

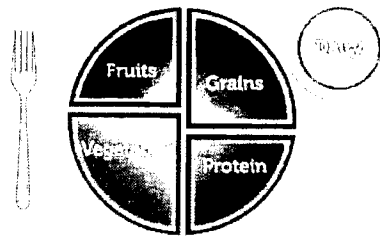


## Ideas for SNACKS to Pack for School or On-the-Go

- Yogurt squeeze packs\* such as Chobani Kids<sup>®</sup> or GoGurt<sup>®</sup>
  - String cheese, cheese slices/cubes\*
- Peanut, almond, cashew butter or SunButter<sup>®</sup> spread on crackers, bread, tortilla, celery, bananas or apples
- Handful of nuts or trail mix with nuts, seeds (pumpkin, sunflower) and dried fruit
  - Boiled egg\*
  - Cream cheese\* on celery or crackers
  - Hummus\* or guacamole\* with tortilla chips, crackers
- 1/2 turkey and cheese sandwich\* or peanut butter and jelly
  - Ham, cheese and crackers Lunchables<sup>®</sup>
  - Fig Newtons
- Bars: Larabars<sup>®</sup>, KIND<sup>®</sup>, Kashi<sup>®</sup>, Cliff<sup>®</sup> or Nature Valley Protein<sup>®</sup>

\* Store in a cooler

# ADHD Meal and Snack Strategies



## Breakfast Power:

Focus on offering a high - fat breakfast before giving ADHD medications

- Oatmeal made with whole milk mixed with 1 Tbsp peanut butter, nuts, coconut oil or butter
- Whole grain waffle or toast with 1 Tbsp peanut butter and jelly
- Full - fat yogurt or cottage cheese with fruit
- Breakfast Burrito with 1 whole wheat tortilla, 1/4 cup beans, 1 scrambled egg, cheese and 1 Tbsp sour cream
- Peanut butter banana smoothie: Mix 1 banana, 1 cup whole milk, 1/4 cup peanut butter, 1 Tbsp honey, 1/2 cup ice
- Sausage or bacon with cooked egg
- Scrambled eggs made with whole milk and butter or olive oil
- Offer "Super Milk" on the side: 4 oz whole milk with 1 Tbsp heavy whipping cream

## Mealtime Success

- Offer meals at regular times - do not wait until child is hungry or asks to eat.
- Parents/family sit together at meals.
- Include one item on the plate that your child typically eats.
- Add calories to foods such as butter and cheese on vegetables, pasta, or rice; cream or sour cream to sauces and soups; ranch dip or hummus with raw vegetables; whole - fat yogurt or peanut butter with fruit.
- Encourage but do not force or plead with child to eat.
- Offer snacks two hours before meals, any sooner may decrease appetite for meals.
- Start with small portion sizes (about an amount that could fit in your child's hand).
- Allow child to stand at the table or sit on an exercise ball if they have trouble sitting still to eat.
- Play light, pleasant music if the child needs background noise to focus. Avoid TV or screen time during meals.
- Always offer food at meals before offering nutritional supplements like Pediasure<sup>®</sup> or Carnation Breakfast Essentials<sup>®</sup>.
- Offer a bedtime snack, even if child does not eat much at dinner. Often, medication starts to wear off close to bedtime and appetite increases.

# High Calorie Snacks

Snacks are a good way to meet nutritional needs and help keep kids satisfied between meals. It is best to eat a meal or snack every 2.5 to 3 hours. Highly nutritious snacks with calories and protein can help kids grow. High sugar, low nutrient drinks or foods such as Kool-Aid® and candy may spoil your child's appetite without providing calories and nutrients.

COMBINE ONE #1 FOOD WITH ONE #2 FOOD  
TO MAKE YOUR OWN COMPLETE MINI-MEALS!

#1		#2	
Protein	Fats	Fruits and Vegetables	Grains
<ul style="list-style-type: none"> <li>• Whole milk</li> <li>• Fruit flavored, full-fat yogurt</li> <li>• String cheese*</li> <li>• Peanut, almond or cashew butter*</li> <li>• Cheese slices/cubes</li> <li>• Cottage cheese</li> <li>• Boiled egg</li> </ul> <p><i>Allergen Friendly**:</i></p> <ul style="list-style-type: none"> <li>• SunButter*</li> <li>• Coconut yogurt with added protein</li> <li>• Seeds (sunflower, chia, flax, pumpkin)*</li> </ul>	<ul style="list-style-type: none"> <li>• Butter</li> <li>• Cream cheese</li> <li>• Cheese</li> <li>• Cream</li> <li>• Ranch dressing</li> </ul> <p><i>Allergen Friendly**:</i></p> <ul style="list-style-type: none"> <li>• Avocado/ guacamole</li> <li>• Hummus</li> <li>• Coconut oil/butter</li> <li>• Olive oil or other vegetable oils</li> <li>• Canned coconut milk or cream</li> <li>• Vegenaize®</li> </ul>	<ul style="list-style-type: none"> <li>• Applesauce</li> <li>• Peach</li> <li>• Apple</li> <li>• Orange</li> <li>• Strawberries</li> <li>• Watermelon</li> <li>• Banana</li> <li>• Raisins*</li> <li>• Baby carrots</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Cucumbers</li> <li>• Jicama</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain bread</li> <li>• Triscuit® crackers</li> <li>• English muffin or bagel</li> <li>• Flour tortilla</li> <li>• All-Bran crackers</li> <li>• All-Bran, Fiber One® or Kashi cereal bars®</li> <li>• Frosted Mini-Wheat®/Quaker Oat Squares®</li> <li>• Crunchy Corn Bran</li> <li>• Fig Newtons</li> <li>• Granola bars</li> <li>• Wheat Thins®</li> <li>• Small pretzels</li> </ul> <p><i>Allergen Friendly**:</i></p> <ul style="list-style-type: none"> <li>• Gluten-free oatmeal</li> <li>• Gluten-free crackers</li> <li>• Corn tortilla</li> <li>• Rice or quinoa</li> </ul>

\* Choking risk for children under two years of age \*\* Check individual products for allergen information











# Mini-Meals

Below are some ideas of how to combine foods to create mini-meals:

- 1/2 turkey and cheese sandwich with mayonnaise: 1 slice of whole wheat bread, 2 slices turkey lunch meat, 1 cheese single
  - 3 graham cracker sheets and peanut butter
  - 1 piece string cheese and 16 Wheat Thins®
  - 2 oz. water-packed tuna, 1 Tbsp. mayonnaise, diced tomatoes on 10 Triscuit® crackers
  - 1 small tortilla, 1 scrambled egg, 1 oz. cheese
  - 2 American cheese slices and 10 Triscuit® crackers
  - 1 cup cereal and 1 cup whole milk
  - One inch ham circles, 10 Ritz® crackers, 2 cheese singles
  - Mini pizzas: 1 whole grain English muffin split in half, 1/4 cup pizza sauce, 1/4 cup mozzarella cheese
  - 1 small (8") whole wheat tortilla and 1 oz. cheese; microwave to melt cheese.
  - Whole grain waffle with 1 Tbsp. peanut butter and jelly
  - 1/2 cup cottage cheese with sliced strawberries
  - 2 Tbsp. hummus on 1/4 pita pocket
  - Full-fat yogurt with fruit
- Allergen Friendly\*\*:**
- 1 cup of vegetables such as carrots, celery, peppers and 2 Tbsp. of hummus or guacamole for dipping
  - 1 cup tomato soup (made with whole milk, cream or coconut cream)
  - Ants on a log: 1 small box raisins\*, 2 Tbsp. peanut butter or SunButter®, 2 celery stalks
  - Ants on a lifesaver: 1 small box raisins\*, 2 Tbsp. peanut butter or SunButter®, 1 apple cored and sliced
  - 1/2 banana with peanut butter or SunButter®\*
  - Fruit with whipped cream (to make coconut whipped cream: use refrigerated canned coconut milk, scrape the hardened cream off top and then add vanilla and sweetener to taste and whip)
  - Chocolate avocado pudding: blend together 1/4-1/2 cup canned coconut milk, 1 avocado, 1 frozen banana and 1 Tbsp. of cocoa powder
  - 1 bean burrito: 1 small (8") whole wheat tortilla or gluten free tortilla, 1/4 cup beans, 2 Tbsp. salsa
  - Quick apple pie: applesauce, cinnamon to taste, 1 tsp. butter/coconut oil. Microwave to gently warm, add gluten-free graham crackers or granola crumbled on top.

\* Choking risk for children under two years of age \*\* Check individual products for allergen information

# Tips to boost calories and protein to improve weight gain and nutrition

<b>Items to Add</b>		<b>Tips and Ideas</b>
	Powdered milk	Add ¼ cup powdered milk to 8 ounces of whole milk (appropriate for children over 15 kilograms or 33 pounds).  Add powdered milk to casseroles, sauces, soups or in batters for baking.
	Carnation Breakfast Essentials	Add 1 packet of powder to 8 ounces of whole milk.
	Milk, cream, half and half or evaporated milk	Use in place of water in preparing oatmeal or other hot cereal, soups, batters, pudding and mashed potatoes.  Serve cream sauces with vegetable or pasta dishes.  Make “super milk” by adding 1 tablespoon of heavy whipping cream to 4 ounces of whole milk.
	Eggs/meat	Add chopped, cooked eggs to salads, vegetables or casseroles. Scramble eggs with cooked rice or beans. Add chopped or shredded pieces of cooked meat or poultry to casseroles, pasta, salads, soups or omelets. Bread meat before cooking.
	Cheese/yogurt	Add cheese to vegetables, sandwiches, hamburgers, tortillas, beans and eggs. Use cheese in omelets, casseroles, sauces and pasta dishes. Use cottage cheese or yogurt with fruit. Use yogurt to make smoothies or as topping for cereal, granola*, pancakes or waffles. Spread cream cheese or soft cheeses on crackers, bread, fruit slices or muffins. Roll cheese inside slices of deli meat. Choose whole-fat yogurt and cheeses rather than low-fat versions.
	Peanut butter/ almond butter/sun butter, nuts*	Add to raw celery or carrots, toast, crackers, muffins, waffles or fruit. Mix into smoothies, oatmeal, ice cream and baked goods.  Add nuts* to desserts, salads, ice cream, cereal or oatmeal.
	Beans	Add beans to soups, stews, casseroles and salads. Spread refried beans on quesadillas, tacos or use bean dip for vegetables.
	Butter and oils	Add butter or oil to cooked vegetables, potatoes, eggs or sauces. Spread butter on toast, waffles and pancakes.
<b>Items to Limit</b>		<b>Why to Avoid</b>
	Juice, juice drinks, soda pop and Gatorade/sports drinks	These can decrease your child’s appetite for food. Offer water for thirst instead.
	Cookies, candy, chips and snack cakes	These have very little nutritional value and can take the place of healthy foods. Offer healthy snacks instead.

\*Choking risk under 3 years of age



### YOGURT PARFAIT (Snack)

- 6 tablespoons whole-fat yogurt
- 2 heaping tablespoons cereal or granola\*
- 2 tablespoons frozen strawberries or crushed pineapple
- 1 tablespoons chopped peanuts or other nuts\*

#### Directions:

1. Measure 2 tablespoons yogurt into an 8-ounce clear cup.
2. Sprinkle cereal on top.
3. Add 2 more tablespoons yogurt on top.
4. Spread fruit on top.
5. Add 2 more tablespoons yogurt.
6. Top with chopped nuts.

Yield: 1 serving

Per serving: 120 calories, 6 grams protein

### EASY CHEESY TORTILLA BAKE (Entree)

#### Ingredients:

- 8 flour or corn tortillas (6-8 inch size)
- 1 can cream of chicken soup
- 1 cup salsa or picante sauce
- 1/2 cup whole milk
- 2 cups cubed, cooked chicken or turkey
- 1 cup shredded cheddar cheese

#### Directions:

1. Preheat oven to 400 degrees.
2. Thoroughly coat a 2-quart baking dish with cooking spray.
3. Cut or tear tortillas into 1-inch pieces.
4. In a large bowl, mix tortillas, soup, salsa, milk, chicken and 1/2 cup cheese.
5. Bake for 30 minutes or until hot. Remove from oven and sprinkle with remaining cheese.

Yields: 6 servings

Per serving: 538 calories, 27 grams protein

Suggest serving with corn and lettuce salad

### MUFFIN MEAT LOAF (Entree)

- 1 pound ground beef
- 1 egg
- 1/2 cup whole milk
- 3/4 cup oats
- 3 tablespoons chopped onion
- 1/2 teaspoon salt
- 1/2 cup grated cheese (any variety)

#### Directions:

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture into 12 greased muffin cups.
4. Bake for 1 hour.
5. Cool slightly before removing from muffin cups.

Yields: 6 servings

Per serving: 260 calories, 22 grams protein

Suggest serving with baked potato and green beans

### BANANA WRAP (Snack)

#### Ingredients:

- 2 to 3 tablespoons peanut butter, sun butter, or cream cheese
- 1 (8-inch) flour tortilla
- 1 whole banana

#### Directions:

1. Spread peanut butter on one side of the tortilla.
2. Peel banana and roll up tightly in tortilla.
3. Slice into discs or serve whole.

Yield: 1 serving

Per serving: 460 calories, 14 grams protein

\*Choking risk under 3 years of age



Department of Nutrition Services,

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