

Important

Weight-Gaining

Strategies

For Children



Offer a balanced diet to children.



Ensure that they are not skipping any meals.



Include complex carbohydrate-rich foods, such as potatoes, bread, and rice, in the meals.



Offer protein-filled snacks, such as nuts and trail mix.



Include calorie-dense foods, such as fruit smoothies, milkshakes, or whole nuts.



Use butter instead of oils for food preparation.



Consider giving six to eight small meals or snacks per day in place of heavy meals.



Include meats with healthy fat content.

