

Guard Against Underweight



High energy diet advice for babies,
toddlers and young children



Government
of South Australia

SA Health



Women's
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Children can be underweight for many reasons. Others are at risk of losing too much weight. For both these groups getting enough nutrition to grow well is important. When children get the right nutrition for their needs it helps them to grow, be healthy and heal more quickly after illness or surgery.

A healthy diet containing plenty of energy (kilojoules/calories) and enough nutrients (protein, fat, carbohydrate, vitamins and minerals) is very important.

This booklet provides information on energy in food, how to increase the energy content of meals and snacks for your baby or toddler and provides some high energy recipes.

This booklet should be used by the parents or caregivers of infants, toddlers and young children who require a high energy diet to gain weight.

This diet and the advice provided in this booklet, should not be routinely used for other family members and should be **stopped if the child no longer needs to gain weight.**

Healthy eating on a high energy diet

A healthy diet is recommended for ALL children. Calcium, iron and protein are some of the nutrients which are important for a growing child. You can use the Australian Guide to Healthy Eating to help you understand what foods your child needs. As shown in the diagram, foods are divided into five groups:

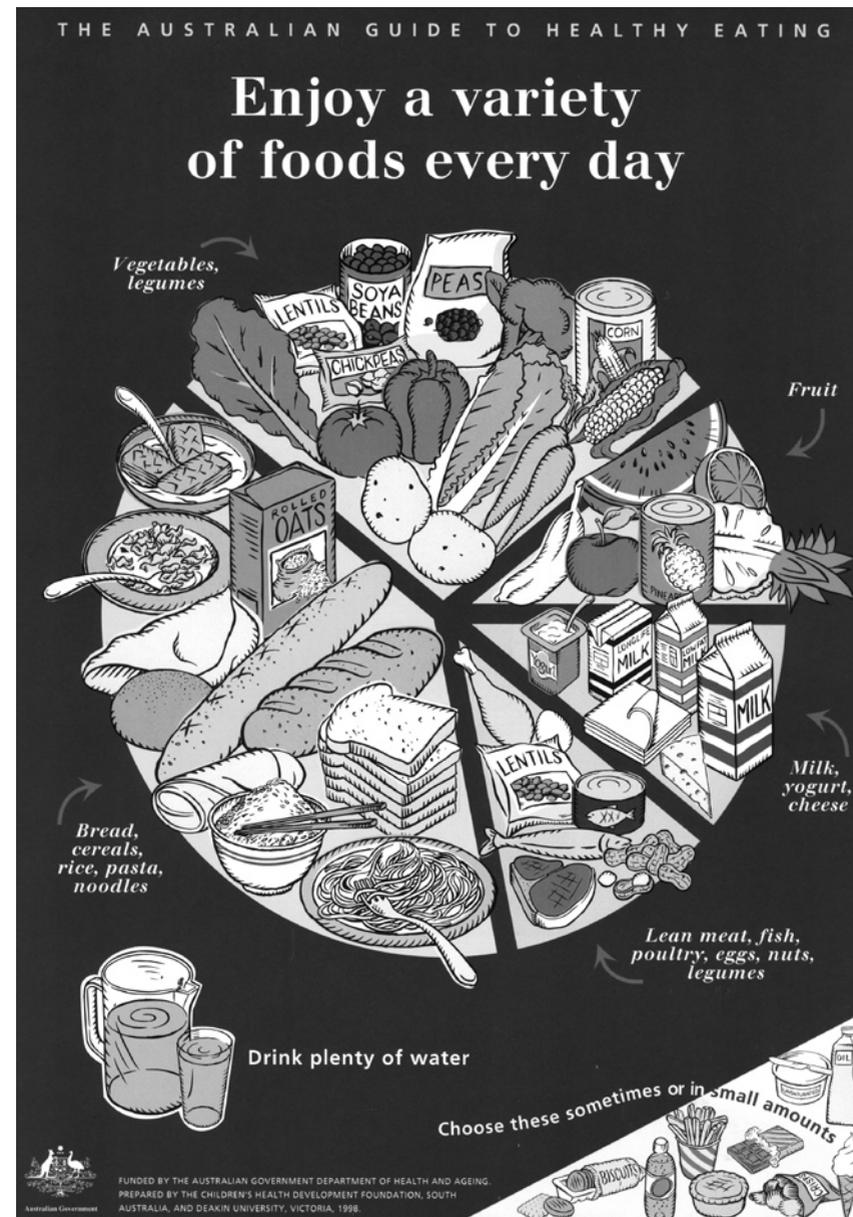
1. Bread, cereals, rice, pasta, noodles
2. Vegetables, legumes
3. Fruit
4. Milk, yoghurt, cheese
5. Meat, fish, poultry, eggs, nuts, legumes

Each group provides different nutrients. It is important that children eat a variety of foods from each group. Most food in a child's diet should come from these five food groups. Even when following a high energy diet, the 'sometimes' or 'in small amounts' foods (in the bottom right corner of diagram) should not form the bulk of your child's intake.

Which foods provide energy (kilojoules/calories)?

Most foods contain energy, also known as kilojoules or calories. The Australian Guide to Healthy Eating encourages the regular intake of foods such as milk, cheese, breads, cereals, nuts, meat, lentils, starchy vegetables and fruit. These foods provide energy as well as lots of other nutrients such as protein, vitamins, minerals and fibre.

Other foods such as ice-cream, sugary drinks, potato chips, lollies and chocolates provide a lot of energy, but little or no protein, vitamins, minerals and fibre. These foods (found in the bottom right corner of The Australian Guide to Healthy Eating) are much less nutritious. They should be chosen sometimes or in small amounts.



A high energy diet for your baby

Your baby should start solid foods at around 6 months of age, but not before 4 months of age. Breast milk or formula is still their most important source of protein and energy until around 12 months of age.

While the amount of solid food your baby is eating may be small, it is still important to make these foods as high in energy as possible. To add extra energy, your dietitian may recommend that you add extra sugars or fats to your baby's food. This is an individual recommendation for your child while they need to gain weight. Most babies and young children do not require the addition of fats, sugar or salt to their food for energy or taste.

High energy food ideas for your baby

Breastmilk

Breastmilk is the normal food for your baby. Continue to breastfeed for as long as you are both enjoying it. Don't be in a rush to give it up.

You can not make your breastmilk higher in energy by eating high energy foods yourself! Make sure your baby takes a 'full' feed, draining your breast as much as possible. Try to space feeds out and avoid giving lots of small breast feeds ('snacks'). This will help your baby to get all the fat in your breastmilk. It will also help your body to keep making enough milk for your baby.

It is also important to avoid giving lots of breast feeds overnight (more than two). Too many feeds overnight will affect how much food your child eats during the day.

If you are expressing for any reason, you can increase the energy in your expressed breastmilk. This can be done by adding infant formula or carbohydrate in the form of a glucose polymer (e.g. Poly-Joule). This high energy expressed breast milk (EBM) can be given to your baby to drink or used in recipes to replace high energy milk or high energy infant formula. Your dietitian will advise you on this if needed.

If you are not expressing, there is no need to start! There are plenty of other ways to increase the energy content of your baby's diet.

It is also important that your baby starts to practice drinking from cups and straws. You can offer water (or small amounts of cows milk) as early as 6 months of age.

Infant formula

Your dietitian will advise you how to make up your child's infant formula so that it is higher in energy than standard infant formula. This may involve adding carbohydrate in the form of a glucose polymer (e.g. Poly-Joule), or it may mean making infant formula up to an increased strength.

Making high energy infant formula

Increasing the strength of infant formula should always be done under the supervision of your doctor or dietitian.

Childs name:

Date:

Your child's formula is called:

.....

Offer your child: bottles of mls

Total volume: mls in 24hrs

Recipe for each bottle:

..... mls of cooled boiled water

..... scoops of formula

Comments:

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Rice cereal

This is a good food to introduce first as it is a very good source of iron. Use your child's high energy infant formula or high energy expressed breastmilk to make up the rice cereal (for infants over 6 months of age full cream cow's milk could also be used).

Fruit and vegetables

After your baby has started rice cereal, try fruits and vegetables. Fruits and vegetables are generally low energy foods and will need to have extra energy added.

How to increase energy content

- > Add glucose polymer (Poly-Joule) to fruit pulp. (Use 2 teaspoons of Poly-Joule in ½ cup of fruit)
- > Add cream to fruit
- > Add 1–2 teaspoons of margarine, butter or oil to a serve of mashed potatoes or other mashed vegetables
- > Try cheese sauce (p.21) on vegetables

Milk and milk products

Cheese, yoghurt and custard can be given to your baby from around 6 months onward. Full cream dairy products are a good source of energy. Small amounts of cow's milk containing foods can be included in your baby's diet. For babies over 6 months of age it is good to offer small drinks of cow's milk from a cup so that your baby gets used to the taste. **Cow's milk should not be used as the main drink for your baby until 12 months of age.**

How to increase energy content

- > Use grated cheese with vegetables
- > Add 2 teaspoons of cream and 2 teaspoons of Poly-Joule to a tub of yoghurt (100–200g)
- > Use full cream milk, high energy milk (p.20) or high energy infant formula (p.5) to prepare dairy based desserts such as custard or rice pudding (p.23).

Eggs

Cooked whole egg can be introduced from around 7 months of age. Eggs are a good source of protein and ideal for babies learning to chew.

How to increase energy content

- > Make high energy scrambled eggs using full cream milk, cream and/or grated cheese.
- > If your baby is eating finger foods, try pikelets, pancakes, omelettes, frittata etc. made with full cream milk, high energy milk (p.20) and/or cream.

Meat, fish, poultry

Pureed or minced, well-cooked meat, poultry and fish can be given to your baby from 6–7 months. These are a good source of protein and some minerals.

How to increase energy content

- > Add white sauce (p.21) to chicken or fish to make high energy mornays.
- > Use gravy with added cream (see Baby Gravy recipe page 19)
- > Add 1–2 teaspoons of margarine, butter or oil.

More high energy ideas

See the High Energy Recipe section (p.17–24) at the back of this booklet for more meal and snack ideas. You may need to adjust the consistency of these recipes (e.g. puree) to make them suitable for your baby.

A high energy diet for your toddler or preschool child

You may find that your toddler/preschooler appears to eat less food than they did as a baby! This is a common concern for parents and caregivers of children in this age group.

After the first 12 months, growth rate and appetite usually decrease, and most young children will eat less accordingly. The amount of food eaten may actually appear less than the amount taken as babies. Children of this age often become more interested in exploring their world and they may lose interest in food.

Toddlers have small tummies, so they rely on small snacks to fuel their body. Offer them small meals and snacks throughout the day e.g. 3 small meals and 2–3 snacks. It is important to offer a variety of nutritious foods regularly throughout the day and to avoid filling them up on high fatty or sugary foods and drinks e.g. soft drinks, chips, and chocolate.

Small serves should be offered with the option of more if requested. Healthy snacking can be introduced at this time. Ensure snacks are nutritious and not offered too close to a meal time so as to spoil the appetite for the next meal.

If your child is tired or not eating well, try high energy foods which take less effort to eat e.g. soft meats with gravy and mashed vegetables rather than meat and salad.

High energy food ideas for toddlers and preschoolers

Breastmilk

Breastmilk is the normal food for your baby and toddler/preschooler. The World Health Organisation (WHO) recommends that children be breastfed for their first 2 years of life and beyond.

As long as you are both enjoying breastfeeding, don't be in a rush to give it up. Continue to enjoy breastfeeding.

At this age, breastfeeding should not be taking the place of food. Some toddlers may fill up on breastmilk alone and not have room to eat other food. This can lead to them missing out on important nutrients. If this is the case, slowly reduce the number of breastfeeds you offer. Stop the breastfeed your toddler seems least interested in, and repeat this every few days or every week. Your dietitian or child and family health (CFH) nurse can offer guidance in this area.

Milk and milk products

Milk, cheese, powdered milk, condensed milk, yoghurt, ice cream and custard.

For most toddlers a maximum of 600mls of milk each day is plenty. Too much milk can reduce their appetite and mean they miss out on other important foods.

How to increase energy content

- > Choose full cream milk products as these are higher in energy.
- > Use as much milk as possible in soups, sauces, desserts and milkshakes.
- > Make a milkshake by adding yoghurt, fruit and honey i.e. strawberries/banana with vanilla yoghurt and honey
- > Add a tablespoon of skim milk powder per cup of full cream milk for extra protein and energy. Use this high energy milk (p.20) to add to breakfast cereals and in cooking in the same way that ordinary milk is used.
- > Yoghurt and custard with fruit is an excellent snack or quick and easy dessert. Add 2–4 teaspoons of cream per 100–200 ml for extra energy.
- > Offer cheese for snacks, with biscuits and fruit. Add grated cheese to mornays, pasta, soups, casseroles, baked beans, mince meat dishes, mashed potato and cooked vegetables.
- > Use ice cream in cones as a snack.

Meat and meat alternatives

Meat, eggs, fish, chicken, lentils, dried beans/chickpeas/split peas, nuts, nut spreads e.g. peanut butter.*

How to increase energy content

- > Use these foods as often as possible as they are high in energy and protein.
- > Frying will add energy e.g. crumbed chicken, sausages, fish, mince, hamburgers or schnitzels.
- > Fish fingers, mince and hamburgers are favourites with children. They are high in protein and energy and are especially good for children who do not chew well or who are very tired. Sausages must be cut up into small pieces for young children.
- > Baked beans are nutritious and a favourite. Make them even better by adding chopped up bacon and grated cheese.
- > Eggs can be given as omelettes (p.21), or can be fried or scrambled with grated cheese. They can be added to custards, meat loaves, cakes, pancake batters, soufflés etc. Try adding one more than the recipe says, if the child is not eating well.

* *Do not give whole nuts or other similar hard small pieces of food to children under 5 years of age as they are at risk of choking. For further information see the section 'Safe eating for younger children' on page 14.*

Bread and cereals

Bread, rice, breakfast cereals, oats, pasta, noodles, biscuits, crumpets, muffins, pastry, batters (pikelets, pancakes, waffles) and scones.

How to increase energy content

- > Use high energy spreads, e.g. margarine, jam, chocolate spread, honey*, peanut butter, cheese spread.
- > Have bread, crumpets or muffins with cheese, ham, fritz, chicken etc. Make toasted sandwiches or grilled toppings on toast, muffins or crumpets.
- > Use cheese or meat sauces with pasta and sprinkle with grated cheese, e.g. spaghetti bolognaise, lasagne, macaroni cheese.
- > Make fried rice by frying up chopped bacon, eggs and vegetables with cooked rice and soy sauce.
- > Pizzas are a favourite with most children. Try making homemade pizzas, use flat Lebanese bread or halved English muffins as a quick and easy base.
- > Use sago or rice to make nutritious, high energy milk desserts. (e.g. rice pudding/creamed rice. See page 22–23)

* *Regular honey should not be given to babies as it can cause an illness called botulism. Some baby foods may contain 'sterilised honey' and this is safe.*

Fruit and vegetables

Fruits include bananas, kiwi fruit, avocado, apricots, plums, stewed/grated apples or pears, melons, grapes and cherries.

Vegetables include potato, sweet potato, pumpkin, carrots, zucchini, peas, cauliflower and broccoli.

How to increase energy content

- > Fry vegetables in oil.
- > Add margarine, butter or oil to potatoes, mashed pumpkin, peas, beans, corn on the cob, canned creamed sweet corn etc.
- > Use cheese sauce (p.21) on vegetables e.g. cauliflower, broccoli etc.
- > Use a variety of vegetables in soups with plenty of barley, split peas, rice or noodles.
- > Add cream, ice cream, custard or yoghurt to fruit.
- > Try fruit dipped in batter and fried in oil (e.g. banana or pineapple fritters).
- > Try soft fruits with cheese for a snack (e.g. pear and cheese).
- > Dried fruits are a high energy snack.
- > Fruit or fruit juice blended with yoghurt makes a quick, nutritious smoothie.
- > Avocado is high in energy; add to salads, spread on bread, cut into cubes with cheese and bread or make a dip (e.g. guacamole p.20).

Fats, oils and other high energy additions

Margarine, butter, oil, cream, mayonnaise, cream cheese, sour cream, nut spreads.

Fats and oils increase energy content of the food you offer to your baby or toddler.

- > Use in cooking whenever you can (i.e. fry instead of bake/grill/dry fry) especially if appetite is poor.
- > Use cream on desserts such as fruit, scones, pancakes, cakes and bread with jam.
- > A tablespoon of cream can be added to a serve of breakfast cereal, custard, milk or rice pudding if appetite is poor.
- > Try adding sour cream to casseroles, soups and sauces.
- > Add margarine or oil to meals that contain meat, pasta, noodle, rice and cooked vegetables.
- > Add mayonnaise or oils to salads or mix into sandwich fillings (i.e. tuna and mayonnaise/oil or mashed cooked egg with mayonnaise).
- > Try using cream cheese or nut spreads on bread, toast and dry biscuits.

Safe eating for younger children

Babies and young children are more likely to choke on their food. Young children do not have the back teeth to chew and grind lumps of food properly. These teeth may not be fully developed until around 5 years of age.

If young children run, play, laugh or cry while eating they are more likely to choke. Children should be encouraged to sit quietly while they eat and should never be force fed. Parents or caregivers should always watch young children carefully when they are eating.

Some foods should not be offered to children under 5 years because they can be unsafe:

- > Don't give foods that can break off into hard pieces. For example, avoid raw carrot sticks, celery sticks, apple pieces and whole grapes. These foods should be cut up, grated, cooked or mashed.
- > Tough skins on sausages and frankfurts should be removed. Sausages, frankfurts and other meats should be cut into small pieces.
- > Don't give popcorn, nuts, hard lollies or other similar foods to young children.

Consider doing a first aid course. This can give you the skills to help in a situation where your child is choking, or where other first aid care is needed.

Babies and young children should always be watched when eating because they are at risk of choking.

What happens if my child is unwell?

If your child is unwell with vomiting and/or diarrhoea it is best to stop the High Energy Diet until they have recovered. Use standard strength milk, infant formula or expressed breast milk. Stop adding Poly-Joule, cream, margarine and oils etc. to the child's food and drink. If you have any questions or concerns ask your doctor or dietitian.

High energy snack ideas

Offer nourishing drinks and healthy snacks frequently. This is very important when a child is trying to gain weight. Here are some nutritious, high energy snack ideas to get you started. Some of these ideas will be suitable for an older baby, otherwise adapt them so that the texture is appropriate for your child.

- > Crackers with margarine and cheese
- > Milkshakes
- > Dried fruit, cheese
- > Sweet biscuits with a glass of milk
- > Sandwich or toast with margarine and cheese
- > Pizza
- > Grilled cheese on toast
- > Homemade cakes and biscuits
- > Fruit bread and margarine
- > Yoghurt or custard with fruit
- > Ice cream in a cone
- > Milk or rice pudding

More hints and tips

- > It is important to make the most of whatever your child does eat.
- > Try not to allow them to waste tummy space on food that is low in energy, e.g. crackers with margarine and cheese or peanut butter will provide more energy than dry biscuits.
- > Try to make food interesting and fun, e.g. sandwiches cut into animal shapes, using a straw for drinking or a fruit face on custard.
- > Sometimes it helps if the child can be involved in food preparation.
- > Likes, dislikes and favourite foods need to be considered, but children should be offered a range of foods.
- > Do not feel you have to buy a lot of different, expensive foods especially if you are not sure they will be liked. Even if the child is eating differently to the rest of the family he/she should be included at the family meal table.
- > There is no point in force feeding, scolding or punishing. This will only cause the child to become upset and probably eat less.
- > Be firm, but gentle and understanding. Praise any effort to eat if quantity is small. Remember that what is eaten is as important as how much.
- > Lollies, chocolates, chips, soft drinks and other low nutrient foods should only be allowed as extras – not instead of healthy meals.

Remember

These food ideas, hints and tips are aimed at weight gain. This high energy diet should not be routinely used for other family members and should be stopped if the child no longer needs to gain weight.

High energy recipes

This collection of recipes aims to give you some ideas to use at home. There are many other high energy recipes that you may find helpful or try adjusting your favourite recipes to make them higher in energy.

These recipes have been divided into three sections:

1. Recipes for babies
2. Recipes for toddlers and children
3. Dessert recipes

Some of the recipes in the toddler and children section will be suitable for some babies and visa versa. All recipes are for single serves (unless otherwise stated).

Recipe hints

- > To save time you can prepare larger quantities of a recipe. Place in an ice cube tray wrapped in plastic, or a small container. Store in the freezer and use as needed. Once frozen, solid cubes can be turned out and kept in a plastic freezer bag.
- > For young babies commencing solids the following recipes can be made to a smooth puree consistency, if needed. Encourage a more lumpy consistency as they get older.
- > Extra butter, margarine, cream or oil can be added as required.
- > All recipes assume the use of full cream milk, unless stated. High energy milk (see p.20) or a high energy infant formula (see p.5) can be used in all recipes to increase energy content further.
- > The following are a list of the abbreviations and measurements used in these recipes:

tsp = teaspoon

tblsp = tablespoon

Metric teaspoon = 5 ml

Metric tablespoon = 20 ml

Metric cup = 250 ml

Recipes for babies

Potato and cottage cheese or grated cheese

- > 1 small boiled potato
- > 2 tbsp grated cheese + 1 tsp margarine
- > Full cream milk

Mash potato. Fold together 2 tablespoons mashed potato with the cheese and margarine. If desired, add enough milk to make a creamy puree.

Creamed corn

- > 2 tbsp cooked corn
- > 2 tbsp warm full cream milk
- > 1 tsp margarine

Steam or boil cob of corn until tender. Remove corn from cob. Blend together 2 tablespoons corn kernels, milk and margarine to a smooth puree.

Creamed peas

- > 2 tbsp cooked peas
- > 2 tbsp warm full cream milk
- > 1 tsp margarine

Mash peas with margarine and milk. Blend if needed.

Carrots and cream cheese sauce or grated cheese

- > 2 tbsp cooked carrots
- > 2 tbsp cottage cheese + 1 tsp margarine or grated cheese

Blend or mash together.

Potato and egg

- > 1 hard boiled egg
- > 1 tbsp boiled potato
- > 1 tsp margarine

Blend or mash together.

Baby gravy

(12 x 1½ tablespoon serves)

- > ½ cup full cream milk
- > ½ tbsp margarine
- > ½ tbsp plain flour
- > 2 tsp cream

Melt margarine. Add flour and cook one minute. Gradually pour in milk, stirring until sauce thickens. Add cream.

Meat, potato and gravy

- > 2 tbsp cooked roast chicken, lamb, beef or pork
- > 2 tbsp boiled potato
- > ½ tbsp baby gravy

Blend together.

Meat, rice and gravy

- > 2 tbsp cooked chicken, lamb, beef or pork
- > 2 tbsp cooked rice
- > ½ tbsp baby gravy

Blend together.

Some of the recipes in the following sections – *recipes for toddlers and children* and *dessert recipes*, may be appropriate for your baby. Adjust the consistency and the serve size of the recipe as required.

Recipes for toddlers and children

High energy milk

- > 2 tbsp Poly-Joule powder or 1–2 tbsp skim milk powder
- > 250mls full cream milk

Combine and mix well. Use high energy milk as you would use ordinary milk e.g. on breakfast cereal, in milkshakes and in recipes.

Guacamole dip

- > 1 medium ripe avocado mashed
- > 1 tomato finely diced
- > ¼ finely diced red spanish onion (optional)
- > 1 clove of crushed garlic (optional)
- > 1 tbsp of finely chopped coriander (optional)
- > 3 tbsp of full fat sour cream
- > 2 tbsp full fat mayonnaise
- > Juice of a lemon

Mix all ingredients together in a bowl. Serve with crackers or pita bread.

Chicken mornay (2 serves)

- > ½ cup chicken soup concentrate
- > ½ cup high energy milk or high energy infant formula
- > 1 tbsp margarine
- > 1 tbsp flour
- > 1 cup chopped, cooked chicken
- > ½ cup cooked mixed vegetables
- > 2 tbsp grated cheese
- > Pinch pepper

Melt margarine over gentle heat. Remove from heat and stir in flour. Gradually add soup mix and milk to form a smooth sauce. Return to heat and bring to boil, stirring constantly. Simmer for three minutes. Remove from heat. Add chicken, pepper and mixed vegetables. Pour into an ovenproof dish and top with grated cheese. For extra energy value, stir 2 teaspoons cream into each serve before adding cheese.

Tuna mornay (8 serves)

- > 4 tbsp (80g) margarine
- > 4 tbsp (40g) flour
- > 700ml high energy milk or high energy infant formula
- > 440g tin tuna
- > 200g sweet corn
- > 50g grated cheese

Melt margarine over low heat. Add flour and stir well. Remove from heat. Gradually add milk, stirring briskly. Bring to boil and simmer for one minute. Combine with tuna, sweet corn and grated cheese.

High energy white or cheese sauce

- > 1½ cup (375ml) high energy milk or high energy infant formula
- > 1 tbsp margarine
- > 1 tbsp plain flour

Melt margarine in saucepan, add flour and cook over low heat for one minute. Stir in high energy milk and continue stirring until mixture thickens and boils.

Note: add 60g grated cheese to make high energy cheese sauce. Once the mixture thickens and boils remove from heat and stir in grated cheese.

Omelette (2 serves)

- > 3 eggs
- > ¼ cup full cream milk
- > 2 tsp grated cheese
- > 1 tsp margarine

Beat eggs and milk together in a bowl until lightly fluffy. Add margarine into fry pan and heat. Pour mixture into the preheated fry pan on low to medium heat, when omelette is golden brown flip over allow other side to cook. When the omelette is just about ready sprinkle the grated cheese over half of the omelette. Fold the other half over the cheese half. Slide onto a plate, and serve.

Dessert recipes

High energy custard

- > ½ cup full cream milk
- > 2 tsp custard powder
- > 2 tsp sugar
- > 2 tsp cream
- > 1 tsp polyjoule powder

Blend custard powder, sugar and polyjoule powder with a little of the milk to form a smooth paste. Combine with remaining milk and cook over moderate heat, stirring constantly, until mixture comes to boil. Simmer for one minute. Remove from heat and stir in cream.

Baked egg yolk custard (4 serves)

- > 600mls full cream milk
- > 3 egg yolks
- > 1 tbsp sugar
- > ½ tsp margarine

Beat egg yolks well, add milk and sugar. Stir until sugar has dissolved.

Grease an ovenproof dish. Pour custard into the ovenproof dish and stand dish in a baking pan half full of water. Bake in a slow oven 150°–160°C (300°–325° F) for 15–20 minutes or until set.

High energy jelly (4 serves)

- > 200mls of water
- > 250mls of full cream milk
- > 1 level scoop Poly-Joule (optional)
- > 1 packet of jelly

Pour contents of jelly packet and Poly-Joule into a bowl. Add 200mls of boiling water and stir until the jelly crystals and Poly-Joule have completely dissolved. Allow to cool then add 250mls of full cream milk and refrigerate.

Apricot rice pudding (4 serves)

- > ½ tsp margarine
- > 2 tbsp short grain rice, uncooked
- > ½ tbsp sugar
- > 2 cups full cream milk
- > 6 canned apricot halves
- > 1 tbsp cream

Grease dish with margarine. Wash rice and place in bottom of the dish. Add sugar, milk and cream. Add chopped apricot halves. Bake in a moderate oven for 1½ hours stirring occasionally with a fork. Blend.

Fruit with high energy custard or yoghurt

- > 2 tbsp tinned fruit, eg peaches, pears or pineapple
- > 2 tbsp high energy custard or full fat yoghurt
- > 2 tsp cream

Blend together.

Sago/semolina/tapioco pudding (4 serves)

- > 3 tbsp sago or semolina or tapioco
- > 1 tbsp sugar
- > 600 mls full cream milk
- > 1 tbsp cream
- > ½ small banana (optional)
- > ½ tsp of vanilla (optional)

Mix the sago, semolina or tapioco with a little of the cold milk. Bring the rest to boil and pour it on to the sago or semolina. Mix well, return to pan, stir until it boils and boil 5 minutes or cook 15 minutes over hot water. Add cream. Pour mixture into a pie dish. Bake in a hot oven for about 15 minutes.

The original nutritional and educational content of this booklet has been reviewed by specialist Dietitians at the Children, Youth and Women's Health Service (CYWHS), SA Health. Photocopying this resource in its original form is permitted for educational purposes only. Reproduction in any other form by third parties is prohibited. Not for commercial use or resale for profit.

Food product information contained in this booklet was up to date at the time of revision. If you are not sure about a food, check with the manufacturer.

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