

BOOSTING CALORIES AND NUTRITION

Certain foods are high calorie and nutritious. Work some of these into your child's daily diet.

Favorite Weight Gain Foods for ADHD

- Eggs
- Beans, especially in dips (hummus), soups (black bean or chili) or mixed into dishes (pasta, rice)
- Peanut butter and other nut butters
- Nuts (offer age-appropriately as these can be a choking hazard for young children)
- Chicken drumsticks and thighs (with skin)
- Hamburger
- Turkey (dark meat from thighs or legs)
- Deli meats
- Cheese (slices, sticks, cubes, shredded, etc)
- Milk (whole or 2%)
- Full fat yogurt
- Cottage Cheese
- Banana
- Mango
- Canned fruit
- Dried fruit
- Potato
- Sweet potato
- Avocado
- Edamame
- Black olives (and others)
- Corn
- Peas



- Filled pastas such as tortellini, ravioli and gnocchi
- Fruited bread like raisin bread
- Muffins
- Bagels
- Granola (bars, bites, etc)
- Some ready-to-eat cereals (with clusters or dried fruit)
- Butter
- Plant oils such as olive and vegetable
- Mayonnaise
- Sour cream
- Cream cheese
- Guacamole
- Hummus
- Tapenade (olive dip)
- Salad dressing
- Jelly and jams

Add More Calories to Foods When Your ADHD Child is Underweight

Boosting calories in the foods your child already likes and eats is another approach to increase the overall caloric content of the diet and promote weight gain.

Try These Tips:

- Add butter to vegetables, pasta, rice, and breads in generous amounts.
- Substitute whole milk, half and half, or cream in recipes calling for water or milk.
- Double dress pasta by draining first, adding olive oil to coat, then add sauce, butter, cheese.
- Use fruit dips or whole milk yogurts as a high calorie dip for fresh fruits.

Source: <https://thenourishedchild.com/child-adhd-no-appetite/>





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