Academy of Nutrition and Dietetics

Client Name _____ **Date** _____

RD/DTR _____

Email _____ **Phone** _____

Failure to Thrive Food Lists

Recommended Foods

Choose foods that are high in calories, protein, and other nutrients when eaten in small portions.

Food Group	Recommended Foods
Milk and Milk Products	Whole milk Cream Half-and-half Whole milk yogurt Pudding Powdered nonfat dry milk Sweetened condensed milk Cheese Sour cream Ice cream
Meat and Other Protein Foods	Beef, pork, chicken, turkey, and fish Eggs Nuts and nut butters Dried beans and peas
Grains	Bread, rolls, english muffins, and bagels with butter, cream cheese, peanut butter, or other high-calorie toppings Muffins Pancakes, waffles, and french toast with butter and syrup Goldfish and club crackers; other crackers made with fat Ready-to-eat cereals with whole milk or cream Hot cereal prepared with whole milk or cream
Vegetables	All vegetables (prepare them with oil or butter, and serve with butter, margarine or cheese on top)
Fruits	All fruits (serve with sugar or cream on top, or with yogurt for dipping)
Fat and Oils	Butter, margarine, oil, mayonnaise, or salad dressing (use generous amounts)

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Beverages	Whole milk and flavored milks (such as chocolate or strawberry) Pediasure, Kindercal, or other liquid supplements designed for children
Other	Chocolate syrup or caramel sauce Barbecue, tartar, or sweet-and-sour sauce Ketchup Maple syrup Cheese spread Honey (do not give to children younger than 1 year) Hummus

Foods Not Recommended

Avoid foods that fill children up but don't provide calories, protein, or other nutrients they need to grow and gain weight.

Food Group	Foods Not Recommended
Milk and Milk Products	Fat-free, low-fat, or reduced-fat milk Nonfat or low-fat yogurt Low-fat ice cream Sherbet Low-fat cheese Other low-fat or nonfat dairy products
Beverages	More than 4 ounces of juice, fruit-flavored beverages, or water per day
Other	Diet products or products prepared with artificial sweeteners Products labeled as "low fat" or "reduced fat"

Notes: