

## **Examples of High-Calorie Baby Foods**

In addition to baby cereal and formula in your baby's diet, these strained baby foods are higher in calories and can help boost calories.

B = Beech-Nut (stage 2) G = Gerber H = Heinz

<b>Fruits</b>	<b>cal./jar</b>
Bananas with Tapioca (G,H)	110
Bananas with Pears and Apples (B)	100
Mango with Tapioca (G)	100
Mango, Bananas and Passion Fruit (G)	100
Peaches, Mango with Tapioca (G)	100
Prunes with Tapioca (G,H)	115
Prunes and Rice (B)	110
<b>Vegetables</b>	
Beets (G,H)	60
Creamed Corn (B,G,H)	80
Creamed Spinach (G)	60
Mixed Vegetables (G)	60
Peas (G)	60
Sweet Potatoes (G,H)	80
<b>Meats</b>	
Chicken (with chicken broth) (G,H)	110
Ham (G)	90
Lamb (with lamb broth) (H)	90
Turkey (with turkey broth) (G,H)	100
Veal (with veal broth) (H)	92
<b>Dinners</b>	
Beef Dinner Supreme (B)	130
Ham with Vegetable (G)	100
Macaroni and Beef Dinner (B)	100
Turkey Dinner Supreme (B)	110
Turkey with Vegetable (G)	100
Vegetable Bacon (G)	100
Vegetable Lamb Dinner (B)	100
<b>Desserts</b>	
Apple, Peach & Strawberry Dessert (B)	100
Banana Pudding (B,H)	100
Banana Pineapple Dessert (B)	110

Cottage Cheese with Pineapple Dessert (B)	130
Dutch Apple Dessert (G,H)	100
Fruit Dessert (G)	100
Hawaiian Delight (G)	120
Peach Cobbler (G,H)	100
Vanilla Custard Pudding (B,G)	100

Other ways to boost calories include:

1. Add 1 teaspoon of margarine or 1 teaspoon of vegetable oil to 1 jar of a vegetable, meat or dinner. This can also be added to table foods.
2. Add 1 teaspoon of polycose or 1 teaspoon of sugar or 1 teaspoon of corn starch to 1 jar of fruit, dessert or table foods.

The American Heart Association does not endorse any product, service or equipment.