

# Making Smoothies with More Calories and Protein for Your Child

Smoothies are one way to add calories and protein to your child's diet. Use the ideas below to make a smoothie.

## Instructions:

1. Choose one or more items from each column.
2. Combine and blend until smooth.
3. Use more liquid for a thinner drink. Use frozen fruit to make a thicker drink.

**Tip:** Freeze extra smoothie in ice pop molds or use paper cups with wooden craft sticks.



Fresh, frozen, or canned fruit (½ cup/ 125 mL)	+ Liquid (½ cup/ 125 mL)	+ Calorie booster	+ Protein booster	Optional
<ul style="list-style-type: none"> <li>• Apple</li> <li>• Banana</li> <li>• Berries</li> <li>• Cherries</li> <li>• Kiwi fruit</li> <li>• Mango</li> <li>• Melon</li> <li>• Nectarine</li> <li>• Peach</li> <li>• Pear</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, 3.25% (homogenized)</li> <li>• Evaporated milk</li> <li>• Kefir</li> <li>• Fortified soy beverage</li> <li>• Nutrition supplement drink (like Pediasure®)</li> <li>• Yogurt</li> <li>• 100% vegetable or fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado (½)</li> <li>• Canned coconut milk or cream (¼ cup/ 60 mL)</li> <li>• Cream, 5% or higher (¼ cup/ 60 mL)</li> <li>• Frozen yogurt or ice cream (½ cup/ 125 mL)</li> <li>• Oats (⅓ cup/ 75 mL)</li> <li>• Oat bran (2 Tbsp/ 30 mL)</li> <li>• Wheat germ (2 Tbsp/ 30 mL)</li> <li>• Yogurt, 5% M.F. (milk fat) or higher (¼ cup/ 60 mL)</li> </ul>	<ul style="list-style-type: none"> <li>• Chia, flax, hemp, sesame, or sunflower seeds (2 Tbsp/ 30 mL)</li> <li>• Cooked lentils or white beans (¼ cup/ 60 mL)</li> <li>• Cottage cheese (¼ cup/ 60 mL)</li> <li>• Nut or seed butter (2 Tbsp/ 30 mL)</li> <li>• Ricotta cheese (¼ cup/ 60 mL)</li> <li>• Silken tofu (½ cup/ 125 mL)</li> <li>• Skim or whole milk powder (¼ cup/ 60 mL)</li> <li>• Greek or Icelandic yogurt (¼ cup/ 60 mL)</li> </ul>	<ul style="list-style-type: none"> <li>• Extracts like vanilla, lemon, or almond</li> <li>• Hot chocolate mix, cocoa powder, or chocolate syrup</li> <li>• Orange, lemon, or lime zest</li> <li>• Spices, like ginger, cinnamon, nutmeg</li> <li>• Vegetables, like spinach, carrots, or canned pumpkin</li> </ul>

## Nutrition supplement drinks

- Have extra calories and protein to promote healthy growth.
- There are special types for children. Your child's dietitian or healthcare team will tell you if your child needs nutrition supplement drinks.

## Protein powders

- Most children get enough protein from food.
- Your child's dietitian or healthcare team will tell you if your child needs protein powder. They will also tell you what type and how much your child needs.



Find more recipes at [Get Enough Calories & Protein - Recipes](#).