

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

| Fruits | | cal./jar |
|------------|---------------------------------------|----------|
| | 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 |
| Vegetables | | |
| | 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 |
| Meats | | |
| | 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 |
| Dinners | | |
| | 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 |
| Desserts | | |
| | 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.