

# Tips for Meeting Nutritional Needs

## To Increase Calories

Carbohydrate Sources	
Low protein/Starchy	Protein free/Sugary
Sweet potato Butternut squash Tapioca Low protein bread Low protein pasta Wheat/Potato/Maize starch	Pancake syrup Jams, jellies Fruit rollups Jello cups Honey (after 1yr of age) VitaBite™ low protein chocolate
TIPS	TIPS
These foods are easily incorporated into puddings pie fillers or savory dishes: <ul style="list-style-type: none"> <li>➤ Tapioca to make a low protein crumble</li> <li>➤ Starch can be used to make cakes/buns/pancakes and dough for bread sticks/pizza base</li> <li>➤ Sweet potato and butternut squash in mild curry sauces; use grated cauliflower lightly fried in oil for rice</li> </ul>	Sweets and sugary foods are easily incorporated into puddings or given as snacks: <ul style="list-style-type: none"> <li>➤ Mix into low protein fruit pie fillings</li> <li>➤ Add to low protein fruit and yogurt</li> <li>➤ Add to low protein pancakes</li> </ul>

Fat Sources	
Low protein/High fat	Protein free/Oils and fats
Heavy cream Non-dairy creamers Soy creamer (Trader Joe's brand) Coconut milk/Yogurt/Low protein yogurt Mayonnaise Avocado	Cooking oils — canola, corn and olive Margarine Butter Butter spreads Bacon fat
TIPS	TIPS
These foods are easily incorporated into puddings pie fillers or savory dishes: <ul style="list-style-type: none"> <li>➤ Mix cream/low protein yogurt with low protein fruit to make 'fruit creams'</li> <li>➤ Add coconut milk to low protein vegetable sauces</li> <li>➤ Mix cream/mayonnaise with avocado to make a spread for low protein toast</li> <li>➤ Use non-dairy creamers in pancake recipes</li> </ul>	Fats are easily incorporated into savory meals: <ul style="list-style-type: none"> <li>➤ Lightly fry/roast low protein vegetables</li> <li>➤ Mix into mashed potatoes/sweet potatoes/butternut squash</li> <li>➤ Add into low protein tomato based sauces or mild curry sauces</li> </ul> Remember 'healthy fats' (i.e. olive oil, corn oil, margarines, etc.) are good to use more often than saturated fats (i.e. butter, bacon fat)

# Tips for Meeting Nutritional Needs

## To Increase Long-Chain Polyunsaturated Fatty Acids (LCPs)

Vegetable oil (corn, soybean, walnut or safflower)

Margarine (omega 3)

Flaxseed oil (omega 3)

Flax milk (omega 3)

Ground flaxmeal (omega 3)

### TIPS

LCP rich oils are easily incorporated into savory meals and puddings.  
Ground flaxmeal can be used to replace oil/eggs in recipes, or just mixed with food.

## Introducing Sippy Cup

Obtain age appropriate sippy cup. Start with just water to get used to the cup. After the child is comfortable using the cup, put in small amounts of the medical food formula for one feeding a day. If the child did not finish all the formula in the cup, replace that amount in a bottle later. Gradually, increase amount of formula in sippy cup leaving just one bottle needed at night. Usually, by the age of 18 months, the remaining formula can be replaced by a concentrated second stage medical food (i.e. PKU gel) and given at meal times so there is no need for a nighttime bottle.

### TIPS

When first introducing the sippy cup, it is best to do so in the afternoon or at meal time, as the child is usually more connected to the bottle when they wake up and before bed.