

Nutrition for the Child with Burns (High Calorie and High Protein Diet)

Children with burn injuries have special needs when it comes to eating. To help your child's wounds heal, a high calorie and high protein diet is needed. The more severe the burns, the more calories and protein your child will need.

Use the MyPlate diagram and the USDA general guidelines below as a starting point to help you plan a healthy and well-balanced diet for your child.



Balancing Calories:

- Do not eat oversized portions

Foods to Increase:

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains

Foods to Reduce:

- Compare Sodium in Foods like soup, bread, and frozen meals – and choose foods with lower numbers
- Drink water instead of sugary drinks

Nutritional tips

- Encourage your child to eat as much food in a well-balanced diet as tolerated while your child recovers from the burn injury. Offer a wide variety of foods.
- Give your child meals and snacks more often. Try 3 meals and 3 snacks a day or 5 to 6 small meals per day.
- The doctor, nurse, or dietitian may recommend nutritional supplements, such as special formula drinks for your child.
- Give small servings of fluids to drink with meals. Give only small amounts of juice, soda or sweetened drinks between meals. This will help keep your child from filling up with fluids.
- Look at the food in your pantry. Foods that say "light", "low-fat", "fat-free" or "diet" do not have as many calories and are not as helpful to your child.
- Milk shakes, cheese or peanut butter and crackers, and yogurt are good snack ideas.
- Offer serving sizes to fit the size of your child. You may overwhelm your child if portions are too large.

Nutritional tips (Continued)

- Let your child decide when they are done eating. Do not force your child to eat or finish all of the food.
- A multivitamin is a helpful supplement for many children with burns.

Foods that increase protein or calories

Food	Protein Grams	Calories
Meat/fish/poultry:	7 per ounce	75 per ounce
<ul style="list-style-type: none"> • Liver sausage, cold cuts or deli meats • Chicken nuggets/fish sticks • Cheeseburgers • Tuna or meat salads • Hot dogs (for children over 3 years of age) • Serve meat with gravy or cream sauce; bread or fry to increase calories 		
Cheese:	7 per ounce	100 per ounce
<ul style="list-style-type: none"> • Add to casseroles, sandwiches or salads • Melt over vegetables and eggs • Serve on bagels, crackers, rolls or fruit • Use any kind of cheese, including cream cheese or cottage cheese 		
Milk:	8 per cup	90 to 150 per cup
<ul style="list-style-type: none"> • Whipping cream or half and half • Eggnog • Ice cream or frozen custard • Cheese – cheddar, Colby, American, Swiss • Cottage cheese, cream cheese • Yogurt with fruit • Fortified soymilk can be used if you child cannot drink milk 		
Powdered whole milk	3 per tablespoon	40 per tablespoon
<ul style="list-style-type: none"> • Sprinkle in casseroles, cream soups, hot cereal, potatoes, ground meat and gravy 		
Peanut Butter	4 per tablespoon	100 per tablespoon
<ul style="list-style-type: none"> • Spread on crackers, fruit, vegetables, muffins, bread, tortillas or cookies • Swirl in ice cream • Blend into shakes 		
Eggs	7 per egg	75 per egg
<ul style="list-style-type: none"> • Add cooked eggs to salads, sandwiches • Serve boiled, scrambled, fried, poached or as deviled eggs 		
Nuts/seeds	4 to 7 per ounce	160 per ounce
<ul style="list-style-type: none"> • Only for children over 3 years of age 		
Dried beans/legumes	7 per ½ cup	100 per ½ cup
<ul style="list-style-type: none"> • Black beans, pinto beans, kidney beans, lentil, chickpeas and black-eyed peas • Serve baked or refried beans • Add to tacos, nachos, chili, casseroles 		
Butter and margarine	0	35 per teaspoon
<ul style="list-style-type: none"> • Melt on vegetable, noodles, hot cereal, popcorn and fish • Spread on tortillas, sandwiches, muffins and crackers • Use to fry meats or sauté vegetables 		
Honey, jams and jellies	0	55 per tablespoon
<ul style="list-style-type: none"> • Spread on toast, bread and crackers 		

Recipes

Instant super shake

600 calories, 15 g protein per recipe

- ½ cup half and half
- ¾ cup ice cream or frozen custard
- 1 package instant breakfast

Blend first 2 ingredients in a blender until smooth.

Mix in instant breakfast powder. Serve immediately.

You may add chocolate syrup, peanut butter or malt powder if you wish.

Pudding with a punch

250 calories, 8 g protein per serving

- 2 cups whole milk
- 2 tsp. vegetable oil
- 1 package instant pudding
- 2 packages instant breakfast

Add vegetable oil to milk.

Blend milk and oil with the pudding mix and instant breakfast.

Pour into ½ cup containers and chill in refrigerator until set.

Peanut butter snack chow

380 calories, 7 g protein per ½ cup serving

- 1 cup peanut butter
- 1 stick margarine
- 1 - 12 ounce bag chocolate chips
- 1 box Corn Chex™ or Crispix™ cereal
- 1 cup powdered sugar

Melt chocolate chips, margarine, and peanut butter. Pour over cereal. Put mixture into a brown paper bag. Add powdered sugar & shake until coated. Store in an air tight container. In warmer climates, it may need to be stored in the refrigerator.

“Double” milk

270 calories, 17 g protein per serving

Add 2 to 4 Tablespoons powdered milk to 1 cup whole milk.

For more information about burns, visit the Children’s Hospital website at: www.chw.org.

ALERT: Call your child’s doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.