

## Community Children's Nursing Service (CCNS)

### Nutrition and Dietetics

East London Foundation Trust

#### Contact details:

Telephone Number: 02037387063

Dietitians Email: [elft.scyps-community-dietitians@nhs.net](mailto:elft.scyps-community-dietitians@nhs.net)

**Tell us what you think** (We would appreciate and welcome your feedback to continually improve our services.

Your responses will be kept confidential).

#### References:

[www.nhs.uk/conditions/baby/babys-development/teething/looking-after-your-babys-teeth/](http://www.nhs.uk/conditions/baby/babys-development/teething/looking-after-your-babys-teeth/)

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## Information for Parents and Carers

### High energy weaning foods



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Food	Amount	Energy (kCal)
Avocado	1/4 medium	75kCal
Oil	1 teaspoon (~5ml)	45kCal
Coconut oil	1 teaspoon	45kCal
Dairy-free spread	1 Tablespoon	~75kCal
Butter	1 teaspoon	35kCal
Cream cheese	10g	25kCal
Cheddar cheese	15g	60kCal
Double cream	10ml	50kCal
Full fat Greek yoghurt	1 Tablespoon	55kCal
Medium egg	1	65kCal
Peanut butter	1 teaspoon (~10g)	65kCal
Tahini (sesame paste)	1 teaspoon (~6g)	40kCal
Almond butter	1 teaspoon (~10g)	60kCal
Ground nuts	10g	63kCal

## Dental hygiene

When adding additional high sugar foods such as jam, honey (for over 1 year olds), syrup, chocolate spread, ice-cream, custard etc. to your child's diet it is important to pay extra attention to their dental hygiene.

Where possible:

- avoid sugary foods between meals
- if your baby has any teeth, brush them twice a day with a soft tooth brush

## Fortified milk

If your child is using full fat cow's milk in their food (this should not be given as a drink until 12 months or older), you can enrich the milk using this recipe:

250ml (1 cup) of milk and 2 Tablespoons skimmed milk powder (supermarket own brand, Marvel etc.)

