



Nutrition Cart for Paediatrics

The Nutrition Cart is to provide additional snacks to ensure your child is eating enough food and have a variety of options to choose from. The snacks available on the Nutrition Cart provide additional protein and energy. The Nutrition Cart will be available at morning tea, afternoon and supper. You can select two (2) items per mid meal in addition to juice. At least one of these should be a high protein choice (see back page).



Helpful Tips:

Sore mouth, try: drinks such as flavoured milk, yoghurt or, Milky Max Custard.

Dislike sweet foods, try: Cheese & crackers

Dislike dairy foods, try: Diced fruit or cake.

Feeling sick, try: Juice or crackers.

Not very hungry, try: Flavoured Milk, Yoghurt, Milky Max Custard or Cheese and Crackers.

Other ways to increase your nutrition intake:

- Try small meals and snacks every couple of hours.
- If pain or nausea is causing you to lose your appetite, discuss with your doctor/nurse.
- If you have been vomiting, be sure to drink plenty of fluid

Please do not take items for visitors

Flavoured Milk



High protein choice

1.5 Serves

Vanilla Yoghurt



High protein choice

1.5 Serves

Cheese & crackers



High protein choice

0.5 Serves

Custard



High protein choice

1 Serve

Diced fruit
(ask for flavours)



1 Serve

Sandwiches
(ask for options)



Low GI

2 Serves

Cake
(vanilla, fruit)



Vanilla = **1 serve**

Fruit = **1.5 serves**

Chocolate



0.5 Serves

1 serve = 15g of Carbohydrates

Useful for people with diabetes

