

# Food to soothe sick kids in care

When kids are in hospital it is normal for the amount of food they eat to change. After all, they're unwell, they are in a new place and the food is different.

Try small, frequent snacks when your child is sick. This can help to improve their nutrition and is often better tolerated than large meals.

## Try these kid-friendly foods:



### BERRY SMOOTHIE

Milk, yoghurt, a frozen banana and frozen mixed berries



### MUFFIN

Bought or baked with wholemeal flour and fruit



### TUB OF YOGHURT

Plain or fruit yoghurt with a little honey



### SNACK PLATE

Include foods like cheese, ham and crackers

### PASTA SALAD

Plain, cooked pasta with peas, corn and carrot. For extra energy, add a dressing or oil



### PEANUT BUTTER SANDWICH

Whole grain or high-fibre white bread with peanut butter. Try adding banana and cinnamon



### PUMPKIN SOUP

Canned or homemade. Serve with yoghurt or sour cream



### CHOCOLATE MILKSHAKE

Milk, ice cream, a quarter of an avocado and chocolate powder or sauce

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