

Nemours Children's Health is a leading pediatric health system focused on superior health outcomes and family-centered care. Our full-service children's hospital in Wilmington, Del., treats over 250 infants, children and adolescents with sickle cell disease each year. Our program is staffed by a highly trained and experienced health care team including board-certified pediatric hematologists, advanced practice nurses, psychologists, dietitians, social workers and Child Life therapists. We support your child, and the entire family, as we work through the challenges of chronic blood disorder together — from diagnosis to treatment. **Our goal is to help all children with sickle cell disease reach their full potential.**



Well Beyond Medicine
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J8185 (02/22)



Eating Well With Sickle Cell

High-Energy, Nutritious Recipes



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Nutrition and Sickle Cell

Good nutrition is especially important for people with sickle cell disease. It helps promote health and prevent complications. Children with sickle cell disease need a diet that provides plenty of calories, protein, vitamins and minerals. Their bodies use more energy because they break down red blood cells faster than other children do. Higher energy needs make it common for affected children to be shorter and thinner than their peers. Kids with sickle cell disease can often catch up to their peers, if they meet their energy needs. High-calorie foods or extra snacks can be helpful, and that is why we've developed this cookbook. We want to help you meet the energy needs of a child with sickle cell disease by preparing appealing, calorie-dense meals and snacks. When the body has enough fuel, it will have an easier time replacing red blood cells.

Meeting fluid needs is also important for children with sickle cell disease. It's common for affected children to have problems with their kidneys and with fluid retention, so pushing fluids is often necessary. Extra fluid also helps prevent red blood cells from sticking, which can help with pain relief. It is important to know that when children with sickle cell disease are sick, they often lose fluids through vomiting, diarrhea, fever or reduced fluid intake, which can lead to dehydration. Fluid needs are also more intense during hot weather, when traveling, with lots of physical activity, and when a child has a fever. In early adulthood, alcohol consumption can also cause dehydration. Signs of dehydration include dark urine, dry mouth, difficulty or burning when urinating, and sunken eyes. It's helpful for children with sickle cell disease to have extra water breaks to stay hydrated. It is also often helpful if the child carries a water bottle at school to sip on all day. If a note is required to carry a water bottle at school, please let us know.

Vitamin and mineral supplements are usually recommended for children with sickle cell disease. Often, affected children must take folic acid supplements as ordered by their doctor. Folic acid helps to produce new cells. Other supplements may be recommended as well, based on the child's needs. Please be sure to tell your doctor or nutritionist of any vitamin or mineral supplements your child is taking. Some supplements, such as those containing iron, can be a problem for children with sickle cell disease. For those with lactose intolerance (difficulty tolerating milk), lactose-free milk can be substituted for regular milk or Lactaid® pills can be taken with the recipes that contain milk to improve tolerance.

Vitamin D and Sickle Cell

Why is it important and where to find it?

Why is it important?

- Vitamin D is important for those with sickle cell disease because it can help decrease sickle cell pain days.
- Vitamin D can help improve immunity.
- Vitamin D is a vitamin that helps the body use calcium. Both calcium and Vitamin D are needed for strong bones.
- Children with sickle cell disease are also at high risk for vitamin D deficiency.

Where to find it?

Good places to find vitamin D include most fortified foods like milk, cereal and orange juice. The body can make vitamin D from sunlight, but it is also important to prevent cancer by using sunscreen if you will be out in the sun for more than 15 minutes.

Good food sources of Vitamin D include:

- Salmon
- Tuna
- Orange juice
- Dairy products
- Mushrooms
- Cheese
- Cereals
- Egg yolks



Micronutrients: Vitamins A, C, E and Zinc

Why are they important and where to find them?

Micronutrients are another word for vitamins. They help your body do many things such as making immune cells, growing and using energy. Vitamin A is helpful for eyesight. Vitamin C and E are important for the immune system, and zinc is needed for growth and healing. Children with sickle cell disease may need more vitamins than other kids without sickle cell disease. We are not sure exactly why, but this may be because the body is always trying to make red blood cells.

Good places to find these vitamins include fortified foods, nuts, seeds, tomato products, orange and yellow fruits and vegetables and leafy vegetables.

Good sources of micronutrients include:

- Almonds
- Sweet potatoes
- Eggs
- Fortified grains and cereals
- Canned tomatoes
- Orange juice
- Dairy products
- Legumes
- Spinach
- Cereals
- Red peppers

Our medical team feels that it may be helpful to add a multivitamin daily, but it will be important to choose the multivitamin that best meets the needs of those with sickle cell disease. The multivitamin should not have iron in it due to the possible need of those with sickle cell disease to receive planned or unplanned blood transfusions. Transfusions give extra iron to the body and can lead to too much iron in the blood. Because a multivitamin is not covered under insurance, and can be an extra cost with your other medical expenses, we understand if it doesn't fit in your budget.

We suggest the following when looking for a multivitamin:

- Continue folic acid depending on advice from your health care provider.
- Children under 2 should use poly vi sol without iron, 1 ml.
- Look for a multivitamin without iron that meets the nutrients listed below.
- No vitamin is perfect and many vitamins may not meet the minimums for the recommendations below without exceeding the maximums.
- Gummy vitamins can be more expensive.



	Vitamin A-IU	Vitamin C-mg	Vitamin D-IU	Vitamin E-mg	B12-mcg
2-8 years old—minimum	1,000	15	400	7	1
2-8 years old—maximum	5,000	600	5,000	100	20
9-18 years old—minimum	3,000	45	400	15	2
9-18 years old—maximum	6,000	1,000	5,000	100	30

Folic Acid Basics

What is it? Where to find it?

Folate is a type of B vitamin that helps prevent anemia. Folic acid is also helpful in treating sickle cell disease because it helps to make and store red blood cells. Children with sickle cell disease have red blood cells that break down faster than an average person, and folic acid helps to replace red blood cells.

Natural sources of folic acid include leafy green vegetables, fruits, dried beans and peas. Fortified (added folate) sources include breads, cereals, flours, corn meals, pastas, rice and other grain products. Keep these folate-rich foods in mind when making choices.

Good sources of folate include:

- Peanuts
- Avocado
- Broccoli
- Romaine lettuce
- Spinach
- Strawberries
- Papaya
- Asparagus
- Corn
- Orange juice
- Enriched or fortified products





How to Satisfy Picky Eaters

Kids (and adults) have to try a food 10-15 times before we actually decide we like it. Try offering foods many times and cooked in different ways. For example, if you want your child to try carrots, try to offer them raw, steamed, grilled or sautéed. Don't be discouraged if your child does not like a food on the first try, but keep trying!

These tips might help:

- **Try different ways to serve fruits and vegetables** like raw, sautéed, grilled, with dip.
- **Eat them yourself!** Children are more likely to do what they see their family do, instead of what they are told to do.
- **Present a food 10-15 times.** This is how long it takes someone to get used to a food and decide if they like it or not.
- **Get ready for the food to be refused.** Often it will be refused several times before it's accepted.
- **Consider making a reward system** when a new food is tried.
- **When offering a new food, talk positively about it** to other family members. We talk about how good ice cream is, but not always how delicious broccoli is.

Tips for Easily Increasing Calories

Helping children with sickle cell meet their high-energy needs can be tricky. It is important to know easy ways to help them get the calories they need without depending on “junk” food. There are high-calorie options available that are healthy. Here are a few tips to increase calories:

- **Eat more frequently!** Try to get your kids to eat three meals a day and several snacks. Eating small meals several times a day usually works best.
- **Add calories** to low-calorie, but nutritious foods by:
 - Adding oil when cooking vegetables or meat
 - Serving peanut butter with bananas, apples or celery
 - Using gravies and sauces
 - Adding nuts, beans, cheese, dried fruits, etc., to salads
 - Adding almonds or other nuts to cereal
 - Adding powdered milk to soups, sauces, casseroles and hot cereal
- **Choose high-calorie foods and snacks.** Avocados, nuts, whole milk and milk products are high in calories. Try mixing it up! Add nuts to yogurt or have some hummus with vegetables or crackers for a snack.
- **Avoid empty calories.** Instead of drinking sodas or sports drinks, get your kids to drink whole milk or juices. Whole milk contains protein, calcium, potassium, vitamin D and calories.
- **Supplement when necessary.** If you are worried about your child's growth, there are high-calorie supplements available. Supplements like PediaSure®, Ensure®, Boost®, or Carnation Breakfast Essentials® and SCANDISHAKE® are high in calories and protein. For children who are not meeting their nutritional needs through food alone, these supplements are an option. **Before starting these, though, make sure to let your doctor or nutritionist know.**



Ideas for Reducing Food Costs

Grocery shopping can be a challenge when you are on a budget and looking to buy and make healthy, high-calorie foods. There are many ways to stretch your food dollar so that you can buy and make nutritious foods and use them for more than one meal. You will not only save money this way, but may find cooking to be much easier. Here are a few tips for eating well on a budget:



- **Check the sales flyer.** Plan your meals and snacks for the week around what is on sale. Then make your shopping list and stick to it!
- **Include frozen, canned and dried forms of fruits and vegetables.** They are all healthy and handy for quick-fix meals and snacks.
- **Buy in-season.** Although most fresh fruits and vegetables are available year-round, many are less expensive when they are in-season.
- **When there are specials on fruits and vegetables, buy extra.** They can be frozen, or you can prepare a dish to be frozen for a busy night's dinner.
- **Avoid shopping at convenience or corner stores** because their food is more expensive. Compare prices among grocery stores.
- **Shop at grocery stores that sell store brand foods.** Look at the top and bottom shelves in the grocery store aisles for these items. The most expensive items are at eye-level on the shelves.
- **Never shop on an empty stomach!** When you're hungry, you'll be more tempted to splurge.
- **Use caution with coupons.** Coupons are usually for more expensive items. Do not buy junk food or something you normally wouldn't buy just because you have a coupon.
- **Make sure the food you buy is fresh.** Sometimes, foods are on sale because they are close to going bad. Always check the expiration and "use by" dates on milk, meats, dairy, bread, etc.
- **Buy in bulk only when it makes sense and check the unit price of the item.** Are you a member of one or more of the discount and warehouse stores that sell groceries? Not all bulk items are bargains. Only buy something in bulk if it's a food that your family eats often. Otherwise, it may spoil before you have a chance to use it. Try to buy only nonperishable foods in bulk (dried beans, grains and canned foods).
- **Make food from scratch.** You pay more for the convenience of pre-made items.

- **Prepare more so you have leftovers.** Use them for lunch or dinner, freeze them, or create a new dish.
- **Use leftover vegetables** in stir-fry dishes, soups, stews and for making veggie patties.
- **Replace half the meat.** Substituting half the meat in a recipe with beans and/or vegetables will reduce fat and increase fiber. This also saves money.
- **Shop locally.** Your local produce stand or farmer's market can be a great source of healthy bargains. For the best deals, shop often and look for reduced produce or end-of-the-day specials. Farmer's markets usually have dried fruits that are a great source of extra calories!
- **Grow your own.** Start a garden in your backyard or a container garden on your patio. Enjoy homegrown fruits and vegetables all season long.
- **Buy apples, oranges, grapefruit, potatoes and onions by the bag.** Do not buy by the piece — it is cheaper and will fill more lunch bags and cover more meals.
- **Avoid the temptation of buying bagged/washed lettuce, cabbage and carrots.** They cost more and you get less.
- **Use canned fish and chicken** for sandwiches, enchiladas, casseroles and salads. Canned meats are usually less expensive.
- **Buy bigger boxes of food items instead of individual bags.** Plan ahead if you need to have snacks on the run, and pack them in plastic bags and travel cups.
- **Beans are the cheapest, healthiest source of protein that you can buy,** in addition to having a lot of fiber.





Breakfast Ideas

INGREDIENTS

- 1 cup cooked instant oatmeal
- 1 tsp brown sugar or honey (optional)
- 1 tbsp raisins
- 2/3 cup whole milk or Lactaid® milk
- Dash of cinnamon (optional)

**powdered milk or peanut butter can also be added to increase calories*

Quick and Easy Oatmeal

Servings: 2

DIRECTIONS

1. Combine all ingredients in a microwave-safe bowl. Heat for 2 minutes on high or until thoroughly heated. Or, combine all ingredients in a small pot and cook on the stovetop on medium heat. Stir for 5 minutes or until thoroughly heated. Raisins on top add a nice flavor and lots of fiber.

Serve hot.

INGREDIENTS

- 6 eggs, beaten
- 1/3 cup milk or Lactaid® milk
- 1/4 cup onion, chopped, or 1 tsp onion powder
- 1/4 cup all-purpose flour
- 1 (10-oz) package frozen chopped spinach, thawed and drained
- 1 (16-oz) package small curd cottage cheese
- 1 (16-oz) package shredded cheddar cheese
- 1/2 cup butter, melted
- Salt and pepper to taste

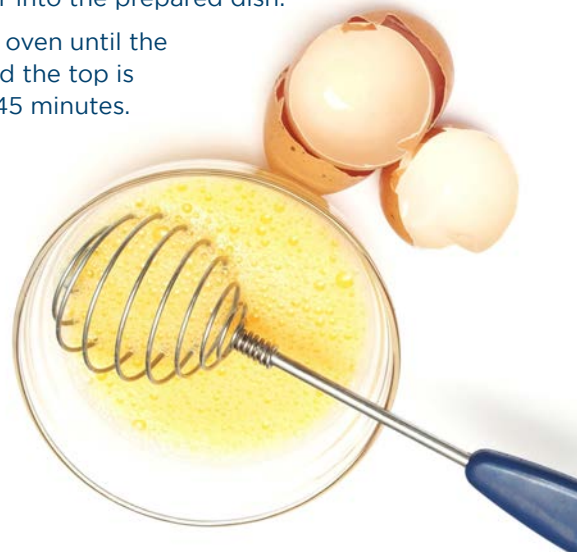
Egg and Spinach Casserole

Servings: 8

High in folic acid — tastes great!

DIRECTIONS

1. Preheat an oven to 350°F. Spray a 9-by-13-inch baking dish with cooking spray.
2. Beat the eggs in a mixing bowl with the onion and flour. Mix until the flour is no longer lumpy. Stir in the spinach, cottage cheese, cheddar cheese, butter, salt and pepper until evenly combined. Pour into the prepared dish.
3. Bake in the preheated oven until the casserole is bubbly and the top is golden brown, about 45 minutes.



INGREDIENTS

- 1 (2-pound) package frozen hash brown potatoes, thawed
- 2/3 cup melted butter or margarine
- 1 (8-oz) container sour cream
- 1 can condensed cream of broccoli soup
- 1/3 cup chopped onions (optional)
- 2 1/3 cups shredded cheddar cheese
- 1 tsp salt
- 1/4 teaspoon ground black pepper
- 2 1/2 cups crushed corn flakes cereal
- 1/3 cup melted butter

**feel free to add other vegetables like green peppers or spinach*

INGREDIENTS

- 1 cup oatmeal
- 1 cup whole milk
- 2 eggs
- 1/4 cup brown sugar
- 1 tsp baking powder
- 1 tsp cinnamon
- Any kind of fruit, nuts, mix-ins
- Some favorite combinations: 1 banana sliced and 1 cup of berries (buy frozen berries and thaw them out: raspberries, blueberries, etc.) and 1/4 cup milk chocolate chips.

Another idea is peaches (frozen, then thawed) chopped up with nuts such as pecans or walnuts.

Hash Brown Casserole

Servings: 8

DIRECTIONS

Preheat oven to 350°F.

- In a large bowl, combine hash browns, 2/3 cup melted butter, cream of broccoli soup, sour cream, chopped onion, cheddar cheese, salt and pepper. Place mixture in a 3-quart casserole dish.
1. In a saucepan over medium heat, sauté cornflakes in 1/3 cup melted butter. Sprinkle the mixture over top of the casserole.
 2. Bake covered in preheated oven for 40 minutes.



Baked Oatmeal

Servings: 3

DIRECTIONS

1. Mix oatmeal, brown sugar, baking powder, cinnamon and mix-in of your choice in a medium bowl. Pour mixture into a 9-by-13-inch pan sprayed with cooking spray.
2. Mix milk and egg together in a separate bowl and pour evenly over the oatmeal mixture.
3. Bake in the oven at 350°F for 30-40 minutes — until the oatmeal no longer “jiggles.”
4. This can be kept in the fridge for several days and heated up in the microwave for a quick breakfast or even a snack. Adding nuts boosts folic acid!

INGREDIENTS

- 4 slices of stale bread
- 3 eggs
- 1 tsp vanilla extract
- ½ tsp cinnamon, or to taste
- ¼ cup heavy cream



High-Calorie French Toast

Servings: 2

DIRECTIONS

1. Beat eggs in a dish large enough to dip bread slices.
2. Add in vanilla extract, cinnamon and heavy cream.
3. Dip bread slices in the egg mix for 30 seconds on each side.
4. Cook in a skillet on medium heat until lightly browned on each side.
5. Serve with sliced bananas and syrup.

INGREDIENTS

- ½ lb extra firm tofu
- ½ red pepper, sliced
- ½ red onion, chopped
- Olive oil
- 2 cups of kale or other greens
- ¼ tsp of salt
- ½ tsp garlic powder
- ½ tsp cumin
- ¼ tsp chili powder

Vegetarian Breakfast Scramble

Servings: 4

DIRECTIONS

1. Pat tofu dry, cover with a paper towel and place something heavy on top.
2. Combine spices in a bowl and add water to make a paste.
3. Put a skillet on medium heat, add olive oil, onion and pepper.
4. Cook for 5 minutes and add greens. Cover for 2 minutes.
5. Chop tofu and add to the pan. Cook for 4-8 minutes.
6. Serve by itself or with toast and potatoes.

INGREDIENTS

- 2 slices of bread
- 2 tbsps peanut butter
- 2 tbsps sliced almonds
- ½ cup sliced fruit

Loaded Toast

Servings: 1

DIRECTIONS

1. Toast slices of bread.
2. Spread 1 tbsp of peanut butter on each slice of bread and top with almonds and fruit.



INGREDIENTS

- 1 cup Greek yogurt
- 2 tbsps chopped nuts
- ¼ cup sliced berries

Super Yogurt

Servings: 1

DIRECTIONS

1. Combine yogurt, nuts and berries in a bowl.
2. If you choose plain yogurt, you can add honey for sweetness.





INGREDIENTS

- 3 slices bacon or ham
- 3 large eggs
- ½ cup whole milk or Lactaid® milk
- ¼ cup cheddar cheese
- Salt and ground pepper to taste

**add other vegetables as you like*

INGREDIENTS

- 2 cups all-purpose flour
- ¼ cup packed brown sugar
- 1 tbsp baking powder
- 1 tsp salt
- ½ tsp ground cinnamon
- 1 cup old-fashioned rolled oats (not instant oatmeal)
- 1½ cups whole milk or Lactaid® milk
- 2 large eggs
- ⅓ cup vegetable oil, plus more for skillet
- 3 ripe bananas, mashed

High-Calorie Scrambled Eggs

Servings: 3

DIRECTIONS

1. Cook bacon or heat up ham in skillet for about 3-5 minutes over medium heat. Remove from skillet and drain excess fat.
2. In bowl, beat eggs with 2 tbsps of whole milk, add salt and ground pepper to taste. Pour into hot skillet. Crumble bacon (or chop ham) and add to eggs. Cook for about 3-5 minutes or until eggs are cooked to satisfaction.
3. Top with cheese and cook until melted.

Cinnamon Banana Oat Pancakes

Servings: 4

DIRECTIONS

1. In medium bowl, combine flour, sugar, baking powder, salt, cinnamon and oats. Blend in a food processor or blender to coarsely grind oats.
2. In large bowl, use whisk to mix milk, eggs, bananas and vegetable oil. Add dry ingredients and oats. Mix again. Mixture may be lumpy.
3. Lightly oil a large skillet (nonstick or cast-iron) or griddle, then warm to medium heat. Use 2 to 3 tablespoons for each pancake. Drop batter into skillet and cook until a few bubbles have burst (about 1-2 minutes). Flip pancakes and cook until browned (about 1-2 minutes). Repeat.



Smoothies and Shakes

Try adding 1-2 tablespoons of wheat germ to 8 ounces of smoothie for added calories and fiber. It is a great source of folic acid, and will not change the flavor of the smoothie. Wheat germ can be found at most grocery stores near the flour. Also try adding ice to make the smoothie extra cold and yummy!

INGREDIENTS

- ½ cup whole milk or Lactaid® milk
- ½ cup yogurt
- ½ frozen banana, peeled and chopped
- 2 tsps honey
- ½ cup frozen strawberries

All-Around-Good Smoothie

Servings: 2

DIRECTIONS

1. In a blender, blend all ingredients until smooth.

INGREDIENTS

- ½ cup grape juice
- 6 ozs yogurt (vanilla or plain)
- 1 cup red seedless grapes

Grape Ape Smoothie

Servings: 2

DIRECTIONS

1. In a blender, blend all ingredients until smooth.

INGREDIENTS

- 1 banana, sliced
- ⅓ cup peanut butter
- ½ cup milk
- 2 tbsps honey

Peanut Butter Banana Smoothie

Servings: 1

DIRECTIONS

1. In a blender, combine all ingredients except honey. Blend until smooth.
2. Pour into glass and drizzle with honey.

INGREDIENTS

- 1 large nectarine, pitted and quartered
- 1 banana, cut into pieces and frozen
- 1 large orange, peeled and quartered
- 1 cup vanilla yogurt
- 1 cup orange juice

Sunshine Smoothie

Servings: 2

DIRECTIONS

1. In a blender, blend all ingredients until smooth.

INGREDIENTS

- ⅓ cup heavy cream
- ½ cup whole milk or Lactaid® milk
- 1 cup canned peaches, drained
- ¾ cup ice cream

Peaches and Cream Smoothie

Servings: 2

DIRECTIONS

1. In a blender, blend all ingredients until smooth.

INGREDIENTS

- ½ banana (frozen or fresh)
- ½ cup pineapple or mango (frozen or fresh)
- ½ tbsp peanut butter
- ½ cup Greek yogurt
- ⅓ cup whole milk or Lactaid® milk
- 2 cups baby spinach

Green Monster Spinach Smoothie

Servings: 2

DIRECTIONS

1. In a blender, blend all ingredients until smooth. If using fresh fruit, add about ¼ cup of ice.





Packing Lunch

INGREDIENTS

- 2 boneless, skinless chicken breasts cooked and shredded (can use canned chicken or rotisserie chicken, cut up)
- ¾ cup mayonnaise
- ½ tsp lemon juice
- 1 tsp mustard
- ¾ cup canned mandarin orange segments
- 8 (6- to 8-inch) pita bread pockets
- 1 bag of salad greens
- Salt and pepper to taste

Citrus Chicken Salad Pita Sandwich

Servings: 4

DIRECTIONS

1. Stir together mayonnaise, lemon juice and mustard in medium bowl. Season with salt and pepper.
2. Combine shredded chicken and mayo mixture.
3. Add in orange segments.
4. Cut 1 inch from top of each pita to open pocket. Fill each pita with greens and ½ cup chicken salad.



INGREDIENTS

- 1 cup chopped lettuce or your favorite greens
- 6 crumbled tortilla chips
- ½ cup shredded cheese
- ½ lb seasoned ground meat
- ½ tomato, diced
- 2 tbsps sour cream

Taco Salad

Servings: 1

DIRECTIONS

1. Combine all ingredients in a bowl and mix well.
2. You can add other veggies such as corn, peppers and avocado. This salad can also be made into a wrap, just take out the chips.

INGREDIENTS

- 1 lb ground chicken
- 6 tbsps butter
- ½ cup buffalo sauce
- 4 burger buns (Or use lettuce to make them a wrap and get extra vitamins in!)
- 1 stalk celery
- Blue cheese dressing

Buffalo Chicken Burgers

Servings: 8

DIRECTIONS

1. Melt butter and mix with buffalo sauce.
2. Combine half of the hot sauce mixture with the ground meat.
3. Lightly oil skillet, bring to medium heat.
4. Shape 4 burgers and cook for 4 minutes each side until brown.
5. Flip the burgers and put half the remaining hot sauce mixture onto the burgers and cook for 2 minutes
6. Flip burgers and use the rest of the hot sauce mixture, cook for 2 more minutes.
7. Serve on a toasted bun with celery and blue cheese dressing.





Fun Hummus Lunch Ideas

Hummus is a great way to add calories and protein – if you have never tasted it, give it a try! It can be found in the grocery store often by the cheese spreads.

- Make a hummus sandwich by putting hummus and your favorite vegetables on some wheat bread or pita and enjoy a fun lunch!
- Use hummus as a dip for vegetables, chips, crackers or bread sticks. Hummus comes in many different flavors so you're sure to find one you like!

Classic Sandwiches With a Twist

- Instead of peanut butter and jelly, try peanut butter, honey and bananas on your favorite whole wheat bread.
- Instead of plain tuna salad, try adding diced apples and cheddar cheese to your tuna salad sandwich.
- It's a wrap! Consider turning your favorite salad, such as tuna, chicken or egg salad, into a wrap!



Healthy Side Dishes for a Bagged Lunch

- Fruit cups or dried fruit (pineapple, banana chips, etc.) can be found at your local farmers market usually for less than the grocery store cost.
- Applesauce in flavors such as pomegranate or cranberry-raspberry (also with no sugar added)
- Nuts or seeds (if age and allergy appropriate), such as walnuts, pistachios, peanuts or sunflower seeds
- Raw veggies such as carrot sticks, sugar snap peas, celery and plum tomatoes
- Cheese sticks
- Granola and nut-based snack bars
- Yogurt in individual containers (Keep it cold by packing with a reusable ice pack or a small water bottle that has been frozen.)





Smart Snacking

INGREDIENTS

- 1/3 cup honey
- 1/3 cup dark brown sugar
- 2/3 cup creamy peanut butter
- 2/3 cup crunchy peanut butter
- 1 tsp cinnamon
- 5 cups raisin bran
- 3/4 cup cranberries or raisins, chopped and dried

Peanut Butter Bars

Servings: 8

DIRECTIONS

1. Put honey in a large pot on medium heat.
2. Add sugar. Stir until melted and mixture begins to bubble.
3. Add cinnamon and stir until dissolved. Stir peanut butter into the honey mixture until smooth.
4. Remove from heat. Stir in raisin bran and dried fruit.
5. Press firmly into an 8-by-8 inch pan lined with foil that overlays ends.
6. Refrigerate for several hours or overnight.
7. Cut into squares and enjoy!



Trail Mix

Servings: 6

(Nuts=Folic Acid!)

DIRECTIONS

1. Mix all ingredients in a large bowl. Store in airtight container and refrigerate. Keep on hand as an afternoon snack or a quick breakfast.

INGREDIENTS

- 1/2 cup cashews
- 1 cup walnuts
- 3/4 cup raisins
- 3/4 cup dried cranberries
- 1 cup peanuts
- 1 cup semi-sweet chocolate chips

INGREDIENTS

- 2 tbsps olive oil
- 2 cups rolled oats
- 1/3 cup butter
- 2 tbsps honey
- 1/3 cup packed brown sugar
- 1/2 cup chopped nuts
- 1/3 cup dried cranberries or other dried fruits

Granola

Servings: 8

DIRECTIONS

1. Heat the oil in a large skillet over medium-high heat. Add oats. Cook and stir until they start to brown and crisp, about 5 minutes. Remove from heat. Spread out on a cookie sheet to cool.
2. Melt the butter in the same pan over medium heat. Stir in the honey and brown sugar. Cook, stirring constantly, until bubbly. Return the cooled oats to the pan. Cook and stir for another 5 minutes. Pour out onto the cookie sheet. Spread to cool.
3. Once cool, transfer to an airtight container. Stir in the nuts and dried fruit.





INGREDIENTS

- 2 cups fresh strawberries
- ¼ cup frozen white grape juice concentrate, thawed
- 2 tbsps sugar
- 1 tbsp fresh lime juice
- 3 tbsps water

Strawberry Popsicle

Servings: 8

DIRECTIONS

1. Combine strawberries, white grape concentrate, sugar, lemon juice and water in a blender and process until smooth.
2. Pour the mixture into eight individual popsicle molds. Freeze until completely firm.

INGREDIENTS

- 4 celery sticks
- 2 tbsps peanut butter
- ½ cup raisins

Ants on a Log

Servings: 4

DIRECTIONS

1. Spread peanut butter on celery sticks.
2. Place raisins on top of peanut butter.



SMART SNACKING

INGREDIENTS

- 1 cup blueberries (can be fresh or frozen)
- ¾ cup Greek yogurt

Yogurt-Covered Blueberries

Servings: 2

DIRECTIONS

1. Place yogurt in a bowl. Dip the blueberries in yogurt using toothpicks.
2. Place blueberries on a nonstick sheet.
3. Freeze for 1 hour or until you want to eat them.
4. With this recipe you can add additional toppings on the outside like graham crackers.

INGREDIENTS

- 1 bunch of kale
- Olive oil
- Salt
- Pepper

Kale Chips

Servings: 2

DIRECTIONS

1. Chop the kale into bite-size pieces.
2. Toss with olive oil, salt and pepper.
3. You can add cheese, lime or other ingredients to the chips if desired.
4. Bake at 425°F for 10-15 minutes or until browned.

INGREDIENTS

- Tomato
- American cheese, sliced
- Butter

Roasted Tomato and Cheese

Servings: 1

DIRECTIONS

1. Cut a large tomato into halves and top with one slice American cheese and butter on each.
2. Microwave for 45 seconds or bake at 350°F for 5-10 minutes.

INGREDIENTS

- 1 lb broccoli, chopped or riced
- 1½ cups mozzarella cheese, shredded
- 1 egg
- ¼ cup cheddar cheese, shredded
- ¼ cup Parmesan cheese, shredded
- Salt
- Pepper
- 2 garlic cloves, minced
- 1½ tsp oregano

Cheesy Broccoli Bread

Servings: 2

DIRECTIONS

1. Preheat oven to 425°F and grease a large baking sheet.
2. Steam broccoli in microwave or on the stove for 1 minute.
3. In a large bowl combine broccoli, 1 cup mozzarella, cheddar, Parmesan, salt, pepper, garlic and oregano.
4. Bake for 18-20 minutes, sprinkle the last ½ cup cheese on top, and bake for another 8-10 minutes.

INGREDIENTS

- 1 large sweet potato cut into chunks
- 2 tbsps olive oil
- ½ tsp salt
- ¼ tsp pepper
- ½ tsp cinnamon (optional)

Roasted Sweet Potatoes

Servings: 2

DIRECTIONS

1. Preheat the oven to 375°F.
2. Place sweet potato chunks in a large bowl, add olive oil, salt and pepper.
3. Mix well and spread evenly on an oiled pan.
4. Bake for 20-25 minutes.

INGREDIENTS

- 1 large apple, sliced
- 1 tbsp peanut butter
- 1 oz cheddar cheese, cubed

Apple Snack Board

Servings: 1

DIRECTIONS

1. Arrange sliced apples, peanut butter and cheese cubes on a plate.



Main Courses and Side Dishes

INGREDIENTS

- 4 cups baby spinach leaves, torn into bite-size pieces
- 1 pint strawberries, sliced
- 1 small red onion, sliced and separated into rings
- ½ cup chopped nuts (optional)
- ½ cup honey-mustard dressing or homemade dressing

HOMEMADE DRESSING INGREDIENTS

- ⅓ cup sugar
- ⅓ cup vinegar
- 2 tsp poppy seed
- ½ tsp dry mustard
- ⅓ cup salad oil
- ⅓ cup water

Strawberry Spinach Salad

Servings: 6

DIRECTIONS

1. Combine all ingredients in bowl. Add salad dressing to taste.



INGREDIENTS

- 3 cups instant brown or white rice (Brown is more nutritious!)
- 1 tbsp canola oil
- ¼ cup onion, chopped
- ¼ cup green bell pepper, chopped
- 1 (15-oz) can black beans, rinsed and drained
- 1 (15-oz) can small white beans, rinsed and drained
- 1 (16-oz) can vegetarian baked beans
- 1 (14.5-oz) can diced tomatoes
- ½ cup barbecue sauce

BBQ Rice and Beans

Servings: 4

DIRECTIONS

1. Prepare 3 cups of instant brown rice according to package directions. Cover rice and set aside.
2. In a large skillet over medium-high heat, heat the oil. Add the onion and peppers. Cook until tender, about 8 minutes.
3. Add the remaining ingredients. Stir well to mix. Bring to a boil. Reduce heat to low, cover and simmer for 15 minutes.
4. Serve beans over the rice.

INGREDIENTS

- 4 boneless, skinless chicken breasts
- ½ cup cheddar cheese, shredded
- ½ can condensed cream of chicken soup
- ¾ cup chicken broth
- ¾ cup stuffing mix
- ⅓ cup melted butter
- 2 cups instant brown or white rice

Creamy Chicken and Rice Dish

Servings: 4

DIRECTIONS

1. Prepare instant rice according to package directions. Cover and set aside.
2. Preheat oven to 350°F.
3. Arrange chicken in a lightly greased baking dish
4. Top chicken with shredded cheese
5. In a medium bowl, combine soup and chicken broth. Mix well.
6. Pour soup mixture over chicken.
7. In a medium bowl, mix stuffing crumbs and butter. Put crumbs on top of chicken.
8. Bake for 45-50 minutes. Make sure chicken is fully cooked.
9. Serve chicken with cooked rice.

INGREDIENTS

- 4 whole grain pita bread rounds
- 8 ozs mozzarella cheese
- ¾ cup pizza sauce
- Italian seasoning
- Any toppings — mushrooms, green peppers, pineapple, etc.

Pita Pizza

Servings: 4

Healthier and lower cost than frozen pizza!

DIRECTIONS

1. Lay out pitas on baking sheet. Top with sauce, then cheese and toppings. Sprinkle with Italian seasoning. Spray top with cooking spray to help keep the top moist while cooking.
2. Bake in oven at 400°F about 15 minutes or until cheese is melted.

INGREDIENTS

- 1/3 cup sugar
- 1/2 cup white vinegar
- 1/2 cup canola oil
- 3/4 cup cooked noodles, such as spaghetti (optional)
- 1 (16-oz) package broccoli slaw (Or you can use fresh broccoli that is cut in small pieces.)
- 1/2 cup nuts
- 1 (15-oz) can mandarin oranges, drained

Broccoli Slaw

Servings: 4

DIRECTIONS

1. Combine sugar, vinegar, oil in large resealable plastic bag. Shake well to mix.
2. Add broccoli slaw. Shake well to coat with dressing.
3. Refrigerate for at least six hours. Shake bag occasionally to mix the salad.
4. Transfer to a serving bowl.
5. Add nuts, mandarin oranges, and noodles if desired, and mix gently.

Warm Pasta Salad

Servings: 4

DIRECTIONS

1. Cook pasta according to directions and set aside.
2. In a large skillet, sauté garlic and vegetables for 10 minutes. Stir often.
3. Add pasta and Italian seasoning to vegetables. Gently combine using a large spoon or spatula.
4. Sprinkle Parmesan cheese over pasta mixture. Cover and cook for 2 more minutes.

INGREDIENTS

- 2 cups pasta (Whole wheat is most nutritious.), cooked, drained and rinsed (Use penne, bow ties, rotini, elbows, whatever you prefer.)
- 2 cloves garlic, minced
- 1 large broccoli tree, chopped into bite-sized pieces
- 1 medium carrot, cut into thin strips
- 1/3 cup green peas
- 2 tbsps olive oil
- 1 tbsp Italian dressing
- 1/3 cup Parmesan cheese

INGREDIENTS

- 2 tbsps olive oil
- 2 potatoes, shredded
- 1/4 cup onion, chopped
- 1/2 tsp salt
- 1/4 tsp fresh ground black pepper
- 1 pound asparagus, trimmed and cut into 2-inch pieces
- 1 cup ham, diced
- 6 eggs
- 1 tbsp milk or Lactaid® milk
- 1/2 cup mozzarella cheese, shredded
- 1/2 white cheddar cheese, shredded
- 1 tbsp fresh basil, chopped

Asparagus, Potato & Onion Frittata

Servings: 4

(Consider adding spinach and/or broccoli in place of the asparagus)

DIRECTIONS

1. Preheat oven to 350°F. Grease a 9-by-13-inch baking dish.
2. Heat the olive oil in a large skillet over medium heat; cook and stir the shredded potato and onion in the hot oil until the potatoes begin to brown, about 5 minutes.
3. Season with salt and pepper.
4. Add the asparagus and ham and continue cooking until the asparagus is tender, another 5 to 7 minutes; transfer to the prepared baking dish.
5. Whisk the eggs and milk together in a small bowl; pour evenly over the dish.
6. Scatter the chopped basil, mozzarella and white cheddar cheeses over the top of the potato mixture.
7. Bake in the preheated oven until set in the middle, 20 to 25 minutes.





INGREDIENTS

- 1 pound ground beef
- 2 tbsps vegetable oil
- 1 (10-oz) package frozen chopped onions
- 1 (10-oz) package frozen chopped green pepper
- 1 tbsp bottled minced garlic
- 2 tbsps chili powder
- 1 tbsp ground cumin
- 1 tsp salt
- 2 (14.5-oz) cans crushed tomatoes
- 1 (15-oz) can lentils, rinsed and drained
- 2 (15-oz) cans red kidney beans, black beans or pinto beans, rinsed and drained
- 1 (15-oz) can whole kernel corn, drained

INGREDIENTS

- 1 whole wheat tortilla
- ½ cup cheddar cheese, shredded
- ½ cup baby spinach leaves
- ½ cup chunky salsa

Chili

Servings: 4

(Also high in folic acid!)

DIRECTIONS

1. In a large pot over medium heat, heat the vegetable oil.
2. Add the onion, pepper and garlic, and cook until tender, about 10 minutes.
3. Add the chili powder, cumin and salt, stirring well to mix. Cook for 2 minutes to release flavors, stirring frequently.
4. Add the tomatoes, lentils, kidney, black or pinto beans and corn, stirring well to mix.
5. Bring to a boil, cover, reduce the heat to low and simmer for 10 minutes.

Mexican Grilled Cheese (Cheesy Tortillas)

Servings: 2

DIRECTIONS

1. Sprinkle the shredded cheese on half of the tortilla.
2. Place spinach leaves on top of the cheese (Consider adding black beans or other vegetables such as peppers or tomatoes.).
3. Fold tortilla in half.
4. To cook in microwave: place tortilla between two paper plates and cook until cheese is melted. To cook in oven, wrap tortilla in tin foil and bake at 350°F degrees for 15 minutes.
5. Cut tortilla into triangles and dip into salsa.

INGREDIENTS

- 3 tbsps butter
- 1 medium yellow onion, chopped
- 3 garlic cloves, minced
- 1 lb ground beef (or turkey)
- 1 can diced tomato
- 1 can tomato sauce
- 1 lb elbow macaroni
- ½ tsp ground black pepper
- 1 tsp oregano
- Salt to taste

American Chop Suey

Servings: 8

DIRECTIONS

1. In a large pot, melt the butter over medium heat. Once melted, add the onion and cook for about 5 minutes, stir occasionally.
2. Add the ground meat and garlic into the pot and cook until it is browned, about 8 minutes.
3. In a separate pot, bring water to a boil. Once boiling, add macaroni and cook until soft.
4. After the meat is cooked, add the canned tomato, tomato sauce and spices. Let simmer.
5. This recipe is a classic and can be frozen, or stored in the fridge for several days.



INGREDIENTS

- 1 tbsp butter
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 6 cups peas, frozen, canned or fresh
- ½ cup water
- 4 cups chicken broth
- 1 lb bacon
- ½ cup half-and-half
- ½ tsp salt
- Pepper to taste

Hearty Pea Soup

Servings: 4

DIRECTIONS

1. Chop bacon and cook in a pan. Set aside.
2. Heat butter in a large pot, add onion and celery and cook 5 minutes, then add garlic.
3. Add water and broth, then stir in peas. Bring to a boil, then reduce to a simmer. Cook for about 5 minutes.
4. Puree in a blender in batches and add in half-and-half, salt, pepper and bacon.
5. This recipe is great for freezing, lunches and dinner.

INGREDIENTS

- 1 sweet potato
- Corn, canned or frozen
- Black beans
- Mexican seasoning

Southwest Sweet Potato

Servings: 1

DIRECTIONS

1. Microwave sweet potato until soft.
2. Let potato cool and then scoop out inside into a pan on medium heat.
3. Add cooked corn, black beans and Mexican seasoning.
4. Combine well.
5. Serve in sweet potato skin.



INGREDIENTS

- 1 lb ground beef or turkey
- 1 medium yellow onion, diced
- ¼ cup heavy cream or half-and-half
- 1 egg
- 3 tbsps melted butter
- ¾ cup Italian breadcrumbs
- Salt and pepper
- Ketchup

Quick-Cook Mini Meatloaf

Servings: 6

DIRECTIONS

1. Preheat oven to 375°F.
2. In a medium bowl, mix ingredients thoroughly..
3. Grease a baking sheet and roll mixture into 4-inch circles.
4. Top each piece with ketchup.
5. Bake for 15-20 minutes.

INGREDIENTS

- 1 tsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- ¾ cup uncooked white rice
- 1½ cups vegetable or chicken broth
- 1 tsp ground cumin
- Dash cayenne pepper
- 3½ cups canned black beans, drained

Black Beans and Rice

Servings: 4

(Beans=folic acid!)

DIRECTIONS

1. In a stockpot over medium-high heat, heat the oil. Add the onion and garlic and sauté for 4 minutes. Add the rice and sauté for 2 minutes.
2. Add the broth, bring to a boil, cover and lower the heat and cook for 20 minutes. Add the spices and black beans and mix well.

INGREDIENTS

- 4 garlic cloves, crushed
- 1 tbsp cooking oil
- ¼ cup low-sodium beef broth
- 2 tbsps low-sodium soy sauce
- 4 pork chops, trimmed of excess fat
- 1 tbsp vinegar

Asian Pork Chops

Servings: 4

DIRECTIONS

1. Make marinade by mashing the garlic with oil, beef broth, soy sauce and vinegar until blended.
2. Place the pork chops in a container large enough to hold them in a single layer.
3. Pierce them with a fork several times.
4. Pour marinade over, turn to coat. Cover and refrigerate 1 hour (or overnight), turning once.
5. Place in preheated broiler and broil for 10 minutes each side.

INGREDIENTS

- 2 medium chicken breasts
- 1 cup day old rice
- Soy sauce
- 2 eggs
- Olive oil
- Leftover veggies (optional)



INGREDIENTS

- 1 lb Italian sausages
- 2 red or green bell peppers, sliced
- 1 onion, sliced
- 2 garlic cloves, minced
- 1 cup water
- ½ tsp Italian seasoning
- 4 tbsps olive oil
- 1 (14.5-oz) can diced tomatoes

Chicken and Veggie Fried Rice

Servings: 4

DIRECTIONS

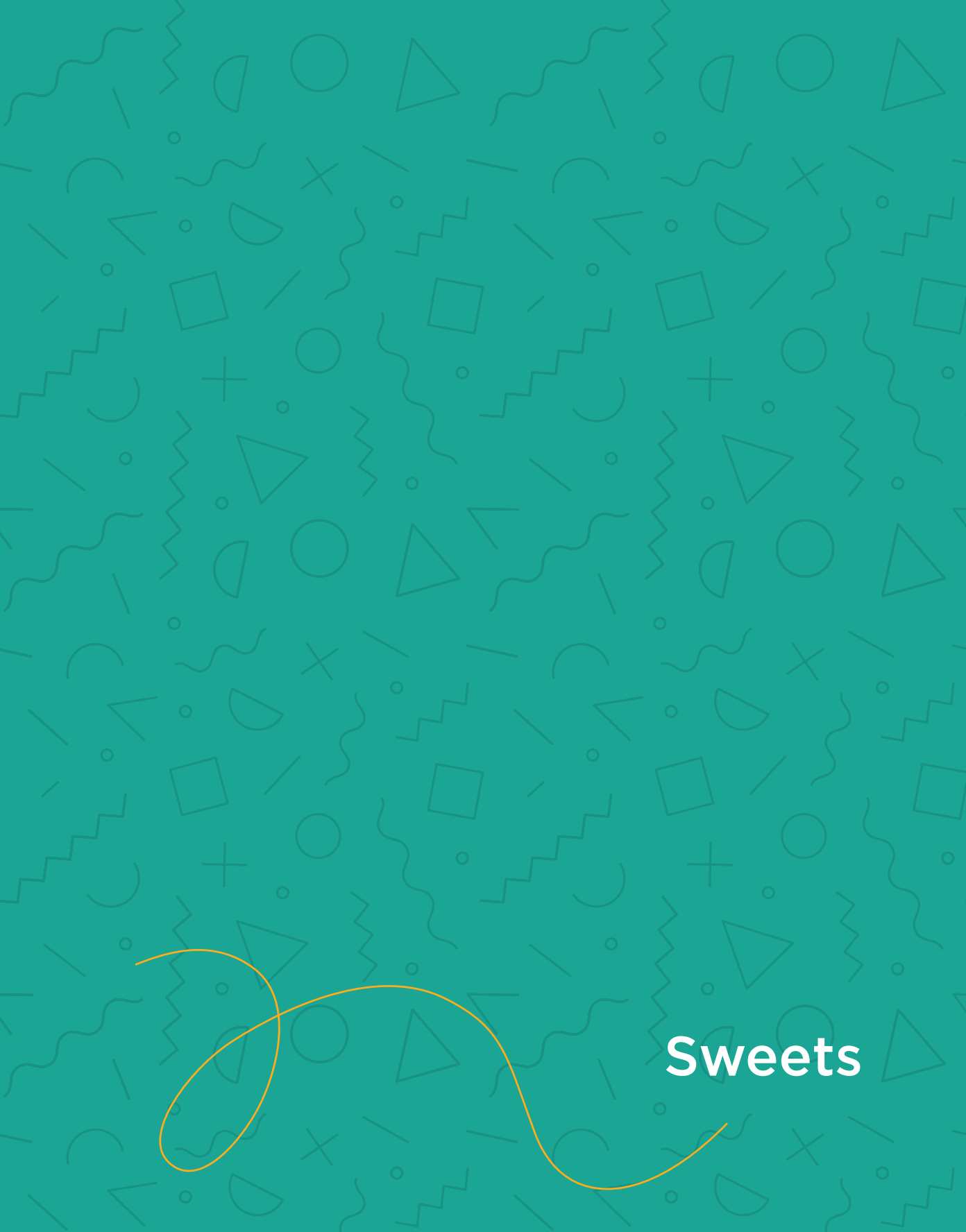
1. Place a large, lightly oiled saucepan on medium heat.
2. Cut chicken breast into 1-inch chunks and add to pan.
3. Cook for 4 minutes on each side or until chicken is fully cooked.
4. Add veggies and cover for 4 minutes.
5. Add in rice, and ¼ cup soy sauce.
6. Push rice and meat to one side and crack the eggs onto the empty side.
7. Scramble the eggs and sit for 2 minutes.
8. Mix so the egg is spread evenly throughout the dish and enjoy.

Sausage and Pepper Sandwich

Servings: 5

DIRECTIONS

1. Heat 2 tbsps olive oil in a large pan and add in sausages.
2. Brown sausages, add in water and simmer for 12 minutes.
3. Remove sausages and set aside, drain any leftover water.
4. Add 2 tbsps olive oil, Italian seasoning and onions to the pan. Cook 4 minutes.
5. Add garlic, peppers, tomatoes, and sausage. Cook 4 minutes or until peppers are tender. Serve on your favorite roll.



Sweets

INGREDIENTS

- 1 can black beans
- ½ cup chocolate chips
- 3 tbsps cocoa powder
- 1½ cup maple syrup, or to taste
- ½ cup peanut butter (optional)
- Milk

Chocolate Dip Full of Fiber

Servings: 8

DIRECTIONS

1. In a food processor or blender, combine ingredients and blend to form a paste.
2. Add milk, if needed, to thin the mixture to the desired consistency.
3. Serve with whatever you like, such as apple slices, strawberries or sandwiches.

INGREDIENTS

- 2 sweet potatoes
- ½ cup maple syrup
- 1 tsp vanilla extract
- ½ cup chocolate chips
- ½ cup cocoa powder
- ¼ cup flour
- 3 tbsps softened butter
- ¼ cup nut butter

Easy Sweet Potato Brownies

Servings: 8

DIRECTIONS

1. Preheat oven to 350°F.
2. Roast sweet potatoes, then puree in food processor or blender.
3. Combine ingredients in medium bowl.
4. Pour into greased 8-by-8 inch pan and bake for 25-30 minutes.



SWEETS



INGREDIENTS

- Your favorite fruits

Fruit Kebabs

DIRECTIONS

1. Slice fruit into cubes and serve on a stick.
2. To add some more fun, you can dip the fruit in peanut butter or your favorite spread.

INGREDIENTS

- 2 apples, sliced or diced
- 2 tbsps sugar
- ½ tsp cinnamon
- 1 tbsp olive oil

Pan-Cooked Apples

Servings: 2

DIRECTIONS

1. Heat olive oil in the pan over medium heat.
2. Add apples to the pan and sprinkle sugar and cinnamon on top.
3. Move apples around occasionally. Cook for 10 minutes or until tender.



This book is made possible through the generosity of the Alpha Kappa Alpha Sorority, Inc., Zeta Omega Chapter, and its charitable arm, The Pearls of Hope Foundation, Inc.

These recipes were developed by Michell Fullmer, RD, LDN, pediatric nutritionist for the Sickle Cell Program at Nemours Children's Hospital, Delaware. In addition, Mary Catherine Perry, RDD, Hali Muldoon and the Episcopal Church of Saints Andrew and Matthew, Wilmington, Del., assisted in making this project possible.