

WAYS TO INCREASE PROTEIN INTAKE

Foods that contain protein are needed by the body to grow and repair body cells and fight off disease. The body usually needs more protein during times of sickness and stress.

High Protein Foods are:

- Meat and Seafood
- Milk and Milk Products
- Eggs
- Nuts, Nut Products and Seeds
- Dried Beans and Peas
- Soy Products, Tofu
- Commercial Nutrition Products High in Protein

Make every effort to include high protein foods in your diet. Try these ideas for boosting your protein intake:

MILK GROUP:

Add dry skim milk powder to “protein fortify” whole milk.

Recipe: mix 1 cup whole milk and 4 Tbsp. Skim milk powder
1 cup protein fortified milk = 210 calories, 21 gm protein

Sprinkle dry skim milk powder into milkshakes, soups, sauces, gravies, casseroles and meatloaf.

Use whole or fortified milk, cream or evaporated milk when making soups, cereals, puddings and instant cocoa.

MILK PRODUCTS:

Cheese Ideas:

Cook cheese based casseroles, soufflés, soups, breads, and omelets.

Use cheese or cream sauces over vegetables or meats.

Sprinkle grated cheese on vegetables, baked potatoes, fruit salads or vegetable salads.

Prepare cheese spreads or dips for crackers or raw vegetables.

Make grilled cheese or pimiento cheese sandwiches.

Yogurt Ideas:

Eat plain or fruit flavored yogurt.

Make desserts, jello molds, dips and milkshakes with yogurt.

Cottage Cheese Ideas:

Top jello, fruit and vegetable salads with cottage cheese.

Prepare cottage cheese fruit platters for entrees.

EGGS:

Use eggs as a main dish. Try hard or soft boiled, scrambled, poached or omelets.

Make egg based casseroles, quiche or egg salad sandwiches.

Prepare desserts made with eggs like custard, rice pudding, bread pudding, cream puffs and some cakes.

Snack on deviled eggs.

Add hard-boiled eggs to potato or macaroni salads.

NUTS, NUT PRODUCTS AND SEEDS:

Snack on nuts, sunflower or sesame seeds and granola.

Spread peanut butter on bread, crackers, celery, apples or bananas.

Eat desserts like peanut butter cookies or brownies.

Add nuts to cereals, breads, fruit ambrosia and cookies.

OTHER IDEAS:

If red meats are no longer appealing, try seafood and lean meats like tuna, shrimp, salmon, fish, turkey or chicken.

Add small chunks of meat to casseroles and soups.

Eat dried beans or peas with meat, rice or cheese dishes. Suggestions include: split pea or minestrone soup and crackers, chili with beans over rice, or bean salads.