

Prepared For:		Date:	
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Tips for Adding Protein (2018)

Patients may be advised to increase the protein in their diet but not necessarily the calories as well. However, note that when adding protein to your diet, you will also be adding extra calories. The following suggestions may help add the extra protein while keeping the calories as low as possible.

Tips

- Add extra egg to one or more meals
- Increase the portion of milk to drink and change to skim milk if able
- Include Greek yogurt or cottage cheese for snack or part of a meal
- Increase portion size of protein entrée and decrease portion of starch/bread
- Mix protein powder, nut butter, almond/nut milk, non-fat dry milk, or Greek yogurt to shakes and smoothies
 - Use these ingredients also in baked goods or other recipes
- Use double the amount of sandwich filling
- Add protein foods to all snacks including cheese, nut butters, milk and yogurt

Food	Tips for Including Protein
Beans	<ul style="list-style-type: none"> • Cook and use dried peas, beans, and tofu in soups or add to casseroles, pastas, and grain dishes that also contain cheese or meat • Mash with cheese and milk • Use tofu to make smoothies
Commercial Protein Supplements	<ul style="list-style-type: none"> • Use nutritional supplements or protein powder sold at pharmacies and grocery stores • Use protein powder in milk drinks and desserts, such as pudding • Mix with ice cream, milk, and fruit or other flavorings for a high-protein milkshake
Cottage Cheese or Ricotta Cheese	<ul style="list-style-type: none"> • Mix with or use to stuff fruits and vegetables • Add to casseroles, spaghetti, noodles, or egg dishes such as omelets, scrambled eggs, and soufflés • Use gelatin, pudding-type desserts, cheesecake, and pancake or waffle batter • Use to stuff crepes, pasta shells, or manicotti • Puree and use as a substitute for sour cream

Eggs, Egg whites, and Egg Yolks	<ul style="list-style-type: none"> • Add chopped, hard-cooked eggs to salads and dressings, vegetables, casseroles, and creamed meats • Beat eggs into mashed potatoes, vegetable purees, and sauces • Add extra egg whites to quiches, scrambled eggs, custards, puddings, pancake batter, or French toast wash/batter • Make a rich custard with egg yolks, double strength milk, and sugar • Add extra hard-cooked yolks to deviled egg filling and sandwich spreads
Hard or Semi-Soft Cheese (Cheddar, Jack, Brick)	<ul style="list-style-type: none"> • Melt on sandwiches, bread, muffins, tortillas, hamburgers, hot dogs, other meats or fish, vegetables, eggs, or desserts such as stewed figs or pies • Grate and add to soups, sauces, casseroles, vegetable dishes, potatoes, rice noodles, or meatloaf • Serve as a snack with crackers or bagels
Ice cream, Yogurt, and Frozen Yogurt	<ul style="list-style-type: none"> • Add to milk drinks such as milkshakes • Add to cereals, fruits, gelatin desserts, and pies • Blend or whip with soft or cooked fruits • Sandwich ice cream or frozen yogurt between enriched cake slices, cookies, or graham crackers • Use seasoned yogurt as a dip for fruits, vegetables, or chips • Use yogurt in place of sour cream in casseroles
Meat and Fish	<ul style="list-style-type: none"> • Add chopped, cooked meat or fish to vegetables, salads, casseroles, soups, sauces, and biscuit dough • Use in omelets, soufflés, quiches, and sandwich fillings • Add chicken and turkey to stuffing • Wrap in pie crust or biscuit dough as turnovers • Add to stuffed baked potatoes • Add pureed meat to soups
Milk	<ul style="list-style-type: none"> • Use in beverages and in cooking • Use in preparing foods, such as hot cereal, soups, cocoa, or pudding • Add cream sauces to vegetable and other dishes • Use evaporated milk, evaporated skim milk, or sweetened condensed milk instead of milk or water in recipes.
Nonfat Dry Milk	<ul style="list-style-type: none"> • Add 1/3 cup of nonfat dry milk powdered milk to each cup of regular milk for “double strength” milk • Add to yogurt and milk drinks, such as pasteurized eggnog and milkshakes • Add to scrambled eggs and mashed potatoes • Use in casseroles, meatloaf, hot cereal, breads, muffins, sauces, cream soups, puddings and custards, and other milk-based desserts

<p>Nuts, Seeds, and Wheat Germ</p>	<ul style="list-style-type: none"> • Add to casseroles, breads, muffins, pancakes, cookies, and waffles • Sprinkle on fruit, cereal, ice cream, yogurt, vegetables, salads, and toast as a crunchy topping • Use in place of breadcrumbs • Blend with parsley or spinach, herbs, and cream for a noodle, pasta, or vegetable sauce. • Roll banana in chopped nuts
<p>Peanut Butter</p>	<ul style="list-style-type: none"> • Spread on sandwiches, toast, muffins, crackers, waffles, pancakes, and fruit slices • Use as a dip for raw vegetables, such as carrots, cauliflower, and celery • Blend with milk drinks, smoothies, and other beverages • Swirl through soft ice cream or yogurt • Spread on a banana then roll in crushed, dry cereal or chopped nuts

Notes