

# Healthy Ways to Add Protein

- Proteins are part of every cell, tissue, and organ in your body. These body proteins are constantly being broken down and replaced. You may need to eat more protein to help you heal from an illness, surgery, or a wound.
- Spread out the protein you eat throughout the day, at meals and snacks. This will help your body get the most of its protein all day.
- Most of the foods in the following list contain protein along with healthy fat or low amounts of unhealthy fat.

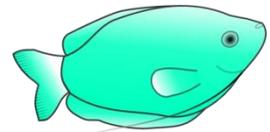
<b>Food Item</b>	<b>Protein (grams)</b>
Lean meat, fish, skinless poultry , 3 ounces	21
Low fat or fat free milk, 1 cup	8
Soymilk, 1 cup	11
Low-fat or fat-free cottage cheese, ½ cup	14
Low-fat fruit or fat-free yogurt, 6 ounces	8
Low-fat or fat-free Greek Style yogurt, 6 ounces	14-18
Low-fat or fat-free cheddar cheese, 1 ounce or 1 slice	7
Tofu, 3 ounces	6
Non-fat dry milk powder, 2 tablespoons	5
Egg white, ¼ cup	6
Peanut butter, 2 tablespoons	8

Dry beans or peas cooked, 1/2 cup	7
Soybeans, 1/2 cup	11
Peanuts, almonds, pistachio nuts, 1 ounce	6
Sunflower seeds (without hulls), 1 ounce	6
Pumpkin seeds, 1 ounce	9
Vegetable or soy patty, 1 patty	11

**Here are some tips for adding high protein foods to your meals:**

### **Meat, Poultry and Fish**

- Add chopped, cooked meat to vegetables, salads, casseroles, soups, and sauces.
- Use in omelets, soufflés, quiches, sandwich fillings and stuffing.
- Wrap in pie crust to make a turnover.
- Add to stuffed baked potatoes.
- Wrap in a tortilla to make a burrito or taco.



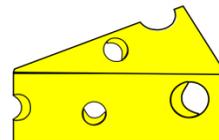
### **Eggs**

- Add chopped, hard-cooked eggs to salads.
- Keep hard-cooked eggs in the refrigerator for a snack.
- Use cooked eggs for a sandwich filling.
- Wrap scrambled eggs in a tortilla with beans and cheese.



### **Low-fat cheese**

- Add cheese to a sandwich, wrap or salad.
- Grate and add to soups, casseroles, potatoes, pasta or burritos.
- Have whole grain crackers with cheese.
- Use melted cheese as a dipping sauce.
- Add cottage cheese to fruit plates, gelatins or casseroles and use it to stuff crepes and pasta shells.
- Snack on string cheese with fruit or nuts.



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## Yogurt

- Blend with fruits to make a smoothie.
- Use as a dipping sauce for fruits and vegetables.
- Scoop on top of pancakes or waffles.
- Use yogurt-based dressings on vegetables or bean salads.
- Use plain Greek-style yogurt on top of tacos or baked potato instead of sour cream.



## Beans

- Add beans or peas to soups, casseroles, pastas, tacos or burritos.

## Tofu

- Blend tofu with fruits and juices for a smoothie.
- Add chunks of firm tofu to soups and stews.
- Mix crumbled tofu in to a meatloaf.
- Use pureed tofu for part of the mayonnaise, sour cream, cream cheese or ricotta cheese called for in recipes.



## Nut butters

- Spread on sandwiches, toast, muffins, crackers, waffles, and pancakes.
- Use as a dip for raw vegetables or fruit.
- Blend with milk drinks.
- Swirl through ice cream or yogurt.
- Mix into hot cereal.



## Non-fat dry milk powder

- Add to milk, milkshakes, smoothies, casseroles, mashed potatoes, soups, eggs and hot cereal.

## Nutrition Supplements

(Nutrition drinks and powders)

- Mix with ice cream or milk and fruit for a high protein milk shake.
- Add powders to milk, drinks, desserts and other foods such as mashed potatoes and hot cereals.

