

Make every bite count ...

How to increase your intake of protein

Increasing your intake of protein can help:

- your body heal
- build muscle
- recover faster from illness, injury or surgery

Name: _____

Dietitian: _____

Dietetic assistant: _____

Phone number: _____ Extension: _____

Tips to increase your intake of protein

Skim Milk Powder or Whey Powder

Add to:

- cream soups, sauces
- puddings
- milkshakes, smoothies
- milk
- hot chocolate
- coffee
- cereals
- mashed potatoes

Yogurt or Puddings

(choose Greek yogurt for more protein)

- Serve with fruit and other desserts.
- Drink yogurt smoothies.
- Snack on yogurt.
- Use yogurt in dips and casseroles.
- See recipe for “Super Pudding” in the insert.

Cheese

Choose cheese with less than 20% Milk Fat (MF) or less:

- Melt on top of pastas and cooked vegetables, hamburger, meatloaf, eggs and tacos.
- Use grated or cut up cheese in potatoes, casseroles and salads.
- Snack on cottage cheese or cheese during the day.
- Add cheese to bread, bagels, vegetables, muffins, fresh fruit and crackers.

Eggs

- Slice eggs and add to salads, casseroles and sandwich fillings.
- Add pasteurized liquid egg products such as Burnbrae-Naturegg, Gold Egg, or PC Blue Menu to smoothies.
- Buy store bought egg-nogs that are high in protein and calories.

Peanut Butter, Other Nut or Seed Butters*

- Spread on crackers, fruit or vegetables.

Nuts, Seeds and Grains

- Add to muffin or cookie mixes, ice cream and salads.
- Mix with dried fruit. Eat as a snack.
- Add wheat germ to yogurt or cereal.

Beans or Legumes

- Have baked beans, a bean salad or bean vegetable dip such as hummus.
- Add tofu to soups, smoothies, salads, sauces and stir fries.
- Use Texturized Vegetable Protein (TVP) as a meat substitute in pasta sauces or tacos.

Meat, Fish or Poultry

- Add to salads, soups, pasta dishes, rice, omelettes, quiche or baked potatoes.
- Spread paté on crackers or bread.

Regular dairy foods may be substituted with lactose-reduced or soy products.

***Nut-free alternatives include soy butter, pea butter and tahini.**

Make every bite count

Here are a few ideas to help increase your protein intake:

- ✓ Eat protein foods first at meals and snacks.
- ✓ Try having a small meal or snack every few hours instead of 3 large meals.
- ✓ When you go out, bring a snack that is easy to carry such as granola bars or cheese and crackers.
- ✓ Keep easy to prepare foods on hand, such as frozen dinners, canned foods and eggs.
- ✓ Tired of cooking every day? Try making meals in big batches and freezing smaller portions to be used later.
- ✓ Include milk, rice beverage, soy beverage or evaporated milk with meals or snacks.
- ✓ Avoid filling up on drinks that are low in protein such as coffee, tea, pop and juice.
- ✓ Try to include at least one protein item at each meal or snack, even if it is a small portion such as 1 egg, 1 oz of cheese or 1 tbsp peanut butter.
- ✓ Buy higher protein products such as:
 - **Cereals:**
 - Kashi Go Lean
 - Kashi Go Lean Crunch
 - Kashi Go Lean Honey Almond Flax
 - Vector
 - Special K Protein
 - **Shakes:**
 - Special K Morning
 - Kellogg's TO GO
 - **Protein bars** (a number of brands have 10 grams or more of protein. Look for these bars).
 - **Pasta:**
 - Barilla Plus
 - **Protein powders** (look for more than 20 grams of protein per serving).
 - hemp
 - pumpkin seed
 - brown rice
 - whey
 - soy

Do I need to take a nutrition supplement?

There are products you can buy that can improve your protein intake.

Your dietitian or dietetic assistant suggests that you use these products:

This chart may help you with serving sizes:

Imperial and Metric Sizes		
1 cup	=	250 ml
$\frac{3}{4}$ cup	=	175 ml
$\frac{1}{2}$ cup	=	125 ml
$\frac{1}{4}$ cup	=	60 ml
1 tablespoon (tbsp)	=	15 ml
1 teaspoon (tsp)	=	5 ml
1 ounce (oz)	=	25 grams (g)

Recipes to help you increase your intake of protein

You can replace skim milk powder with one scoop of whey protein powder.
Regular dairy foods may be substituted with lactose-reduced or soy products.

High Protein Milk

(4 servings)

4 cups skim, 1% or 2% milk
½ cup skim milk powder

Add skim milk powder to the milk,
stir well and refrigerate.

Super Shake

(2 servings)

1 cup ice cream
1 cup skim, 1% or 2% milk
1 pkg Carnation Breakfast
Essentials (powder)

Combine all ingredients and blend
using a hand mixer or blender.

Peanut Butter Shake

(1 serving)

¾ cup ice cream
½ cup skim, 1% or 2% milk
¼ cup skim milk powder
2 tbsp peanut butter, smooth

Combine all ingredients and blend
using a hand mixer or blender.

Yogurt Shake

(1 serving)

¾ cup plain Greek yogurt
¼ cup skim milk powder
½ cup juice
1 tbsp sugar or honey

Combine all ingredients and mix well.

Cheddar Cheese Soup

(2 servings)

1 can cheddar cheese soup
(10 oz, 284 ml)
1 cup high protein milk
1 tsp worcestershire sauce
dash salt

Mix ingredients in saucepan.
Heat and serve.

Super Pudding

(4 servings)

1 pkg Instant pudding - that makes
4 servings
2 cups skim, 1% or 2% milk
¾ cup skim milk powder

Combine all ingredients into a bowl and
blend with an electric mixer.

Fruity Protein Smoothie (2 servings)

1/3 cup	soft tofu
2 tbsp	sugar or pasteurized honey
1/2 cup	Greek yogurt
1 cup	skim, 1% or 2% milk
1/4 cup	skim milk powder
1	ripe banana



In a blender combine all ingredients and blend thoroughly until smooth.

Variations

- Replace the tofu with 1/3 cup cottage cheese.
- Replace banana with other fruits such as 1 cup strawberries.
- Add extra flavours such as 2 tbsp cocoa powder or 1 tsp vanilla extract.

The tofu in this recipe will take on the taste of the flavour of your shake. It provides you with essential nutrients such as iron, calcium and protein.

Happy Trail Mixture (9 servings)

1 cup	sunflower seeds
1/2 cup	raisins
1 cup	coconut, shredded
1/2 cup	peanuts
1/2 cup	dates, chopped
1/2 cup	almonds
1/2 cup	brazil nuts



Mix all ingredients together and store in an air-tight container. You can use other types of nuts, seeds and fruits.