

# Getting enough protein while in rehab and at home

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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: \_\_\_\_\_

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## 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.

### 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.**

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## Make every bite count

Here are a few tips to help increase your food intake:

- ✓ Include at least one protein food every time you eat during the day.
- ✓ Try having a small meal or snack every 2 to 3 hours throughout the day, instead of 3 large meals.
- ✓ Include a protein food with each snack. Some examples could be cheese and apple slices, peanut butter and banana, yogurt and berries or milk and cookies.
- ✓ Avoid filling up on drinks like tea and coffee, have a glass of milk instead.



## Recipes to help you increase your intake of protein

### High Protein Milk

(4 servings)

4 cups      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      1%, 2% or high protein milk  
1 pkg      Carnation Breakfast Essentials (powder)

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

1 cup = 250 ml      ½ cup = 125 ml

