

# Ways to Add Protein to Your Meals and Snacks

## High-protein Foods

High-protein foods include:

- eggs
- yogurt
- dried beans and peas
- cheese (including ricotta) and cottage cheese
- peanut butter
- meats (poultry, fish, beef, pork)
- egg, tuna, ham or chicken salad
- custard and pudding
- nuts and seeds.

Try to include more of these foods in your meals and snacks. The following tips can help:

- Add peanut butter to bread, toast, crackers, waffles and pancakes.
- Use peanut butter or yogurt as a dip for raw fruits and vegetables.
- Mix cottage or ricotta cheese into casseroles, lasagna, spaghetti dishes, scrambled eggs, pudding, gelatin salads, desserts and pancake batter, or as a topping for baked potatoes.
- Mix grated cheese into sauces, vegetables, casseroles or potatoes.
- Melt cheese on sandwiches or hamburgers.
- Add nuts or sunflower seeds to casseroles, muffins, breads, cookies, pancakes and waffles.

- Sprinkle nuts and seeds on salads, fruit, cereal, ice cream and yogurt.
- Add chopped or ground meat to soups, casseroles, salads, omelettes or soufflés.
- Add chopped hard cooked eggs to salads or casseroles.

Ready-to-drink nutrition beverages can also be a good option. Ask your dietitian if this option is right for you.

## High-protein Milk Recipe

You can make high-protein milk by adding 1 cup dry powdered skim milk to 1 quart of liquid whole milk (not water). Mix well and chill. (It is better if left refrigerated overnight.)

High-protein milk can be used in any recipe where regular milk is used. This will add calories and protein without having to eat more to meet your nutritional needs.

You may also add high-protein milk to:

- cream soups
- cooked cereal or cold cereal
- pudding or custard
- hot chocolate
- milkshakes
- scrambled eggs
- mashed potatoes
- pancakes.

*(over)*

**If you do not have any high-protein milk made**, you can add 3 tablespoons of dry skim milk powder directly to the food in addition to any regular milk in the recipe.

You can add the 3 tablespoons of milk powder right to:

- any creamed soup
- meatloaf or ground meat patties
- egg salad, deviled ham or tuna salad
- mayonnaise spread on sandwich bread
- casserole dishes that call for creamed soup
- gravies or sauces
- scalloped potatoes, mashed potatoes or creamed peas
- puddings and custards
- yogurt, milkshakes, ice cream, sherbet or frozen desserts
- scrambled eggs
- cooked cereal.

Three tablespoons of milk powder add 40 calories and 4 grams of protein to your food.

You can also add 4 to 6 tablespoons of milk powder to any of the following recipes:

- muffins, cornbread, pancakes, waffles, rolls and bread
- cake, cookies, gingerbread, cookie bars and some candies
- cream sauces and poultry gravies
- cream pie and cake fillings
- ice cream, sherbet and frozen desserts
- fruit cobblers, bread or rice pudding or steam pudding
- gelatin salads and desserts.

**High-protein eggnog** can be made by using store-bought eggnog and adding milk powder, or using store-bought dried eggnog mix and adding high-protein milk.

## Whom to Call With Questions

Talk with your dietitian if you have any questions about how to add protein to your meals and snacks.