



Increasing Protein

Go for quality protein sources

- Include a source of protein with every meal and snack
- Each suggested serving of protein in the chart provides about seven to 10 grams of protein

Food	Portion	Tips
Cooked beans, lentils	1/2 cup	Add to soups and casseroles
Hummus	1/2 cup	Use as dip or spread on crackers
Cheese	1/4 cup or 1 oz.	Add to a variety of entrées and sides
Cottage cheese	1/3 cup	Add to casseroles; mix with fruits
Eggs, egg whites	One	Add additional whites; eat as hard-cooked
Meat and fish	1 oz. or 1/4 cup	Add to salads, casseroles, soups
Greek yogurt	1/2 cup	Use as a snack; add to shakes
Regular yogurt	3/4 to 1 cup	Use as a snack; add to shakes
Milk	1 cup	Use in hot cereal, soup, cocoa
Nonfat dry milk	1/3 cup	Add to milk, shakes, baked goods
Nuts	1/3 cup	Add to baked goods; use as topping
Nut butters	2 Tbsp.	Spread on baked goods; or dip for fruit
Seeds (sunflower, pumpkin)	1/4 to 1/2 cup	Add to baked goods; use as topping
Protein bars	Varies	Use as snack
Protein drinks, powders	Varies	Ask a dietitian for suggestions
Protein-boosted milk	1 qt. milk mixed with 1 cup nonfat dry milk, refrigerated for eight hours before drinking (each cup = 12 grams of protein)	Shake well; use in recipes to add protein