

Tips to Increase the Protein in Your Diet

You may need more protein in your diet to help you heal from an illness, surgery or wound. Extra protein can also help you gain weight. Here are some ideas for adding high-protein foods to your meals.

Meat and fish

- Add chopped cooked meat to vegetables, salads, casseroles, soups, sauces and biscuit dough.
- Use in omelets, soufflés, quiches, sandwich fillings and chicken or turkey stuffing.
- Wrap in pie crust or biscuit dough to make a turnover.
- Add to stuffed baked potatoes.
- Make a dip with diced meat or flaked fish mixed with sour cream and spices.

Chopped, hard-cooked eggs

- Add to salads.
- Use for snacks and sandwich filling.

High-protein milk

To make high-protein milk, mix 1 quart whole milk with 1 cup powdered milk.

- Add to cream soups, mashed potatoes, scrambled eggs, cereals and dried eggnog mix.

- Use as an ingredient in puddings, custards, hot chocolate, milk shakes and pancakes.

Powdered milk

- If you don't have any high-protein milk on hand, you can use powdered milk. Add 3 tablespoons to:
 - gravies, sauces, cream soups, mayonnaise
 - casseroles, meat patties, meatloaf, tuna salad, deviled ham
 - scalloped or mashed potatoes, creamed spinach
 - scrambled eggs, egg salad
 - cereals
 - yogurt, milk drinks, ice cream, frozen desserts, puddings, custards.
- Add 4 to 6 tablespoons powdered milk to make:
 - cream sauces
 - breads, muffins, pancakes, waffles, cookies, cakes
 - cream pies, frostings, cake fillings
 - fruit cobblers, bread or rice pudding, gelatin desserts.
- For high-protein eggnog, add 3 to 6 tablespoons powdered milk to prepared eggnog.

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Hard or soft cheese

- Melt on sandwiches, breads, tortillas, hamburgers, hot dogs, other meats, vegetables, eggs and pies.
- Grate into soups, chili, sauces, casseroles, vegetables, potatoes, rice, noodles or meatloaf.
- Eat with toast or crackers, or melt for nacho dip.

Cottage cheese or ricotta cheese

- Mix with or scoop on top of fruits and vegetables.
- Add to casseroles, lasagna, spaghetti, noodles and egg dishes (omelets, scrambled eggs, soufflés).
- Use in gelatin, pudding-type desserts, cheesecake and pancake batter.
- Use to stuff crepes, pasta shells or manicotti.

Fruit yogurt

- Blend with fruits for a fruit smoothie.
- Use as a dip for fruits and vegetables.
- Scoop on top of pancakes or waffles.

Tofu

- Blend silken tofu with fruits and juices for a smoothie.
- Add chunks of firm tofu to soups and stews, or crumble into meatloaf.
- Blend dried onion soup mix into soft or silken tofu for dip.
- Use pureed silken tofu for part of the mayonnaise, sour cream, cream cheese or ricotta cheese called for in recipes.

Beans

- Use cooked beans or peas in soups, casseroles, pasta, tacos and burritos.

Nuts and seeds

Note: Avoid in children under age 3.

- Use in casseroles, breads, muffins, pancakes, cookies and waffles.
- Sprinkle on fruits, cereals, ice cream, yogurt, vegetables and salads.
- Mix with raisins, dried fruits and chocolate chips for a snack.

Nut butters

Note: Avoid in children under age 3.

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

Nutrition supplements

(nutrition bars, drinks and powders)

- Add powders to milk drinks and desserts.
- Mix with ice cream, milk and fruit for a high-protein milk shake.

Children under age 3 should avoid seeds, nuts, nut butters and hard pieces of fruit.