



# Why Do I Need Protein?

## Protein gives you energy and keeps your body strong

- Protein is the building block for different parts of the body including muscles, skin, and bones. During illness and surgery your body needs more protein than usual.
- Different protein foods provide a variety of vitamins and minerals that keep your body working right.

## Protein helps with healing and keeps you healthy

- High protein foods help with healing if you have injuries, wounds, or have had surgery.
- Good nutrition, including having enough protein in your diet, can reduce your risk of many health issues including:
  - Low iron and other vitamins/minerals in your body
  - Slower recovery from illness and surgery
  - Longer hospital stays



## How much do I need?

Protein needs are different for everyone, ask your dietitian what amount that is right for you.

Your estimated protein needs: \_\_\_\_\_ grams/day

# How Do I Get Protein?

## Sources of Protein:

### Meat, Poultry, Seafood

1 ounce of meat, poultry or seafood  
≈ 7 grams of protein



### Beans & Peas

½ cup of beans or 1 cup peas  
≈ 7 grams of protein



### Nuts and Seeds

1 ounce of nuts or seeds, 2 Tbsp. nut butter  
≈ 7 grams of protein



### Eggs & Dairy

1 egg, 1 cup milk, 1 ounce cheese  
≈ 7 grams protein



### Protein Powder/Supplements:

- Whey Protein Powder or Protein Bars
- Carnation Breakfast Essentials or Dry Powdered Milk
- Ensure, Boost, or other premixed nutrition drink



# Eating More Protein

Add more of the protein foods that you enjoy. Start by adding extra protein foods to your usual meals and snacks.

Here are some ideas to try:

## Meat, Poultry, Seafood

- Snack on **chicken** or **tuna salad**
- Add a double portion to sandwiches, soups and casseroles



## Nuts and Seeds

- Add **peanut butter** to your **oatmeal**, **shake**, **yogurt**, crackers and **ice cream**
- Add nuts to your cereal, yogurt and salads
- Spread nut butter on lettuce and stuff with shredded vegetables for a crunchy wrap
- Stir seeds or nuts into cooked rice, coleslaw and salads



## Beans & Peas

- Mash and use as a dip such as **hummus** or **refried beans**
- Add to salads, **soups**, chili and **casseroles**



## Eggs & Dairy

- Snack on deviled eggs
- Add hard boiled eggs to salads
- Make a **vegetable scramble**
- Cook **oatmeal** and **grits** with milk
- Take medicines with a glass of **milk** instead of water
- Snack on high protein **Greek yogurt**
- Add extra **melted cheese** to soups, rice, pasta, eggs and entrees



Words in **bold** mark a good food choice for a *soft diet*

# High Protein Shake Recipes

You can make high protein shakes and snacks to fit your tastes and spend less money. Here are some ideas to try:

## Tart and Fruity

### Frozen Lemonade

1 C lemonade  
1 serving whey protein  
½ C ice cubes  
Blend and enjoy

Protein: ≈ 20 grams

### Orange Dream

1 C vanilla ice cream  
1 C orange juice  
1 serving vanilla whey pro  
Mix and Drink

Protein ≈20 grams



### Berry Shake

1 C frozen strawberries  
1/2 C cranberry juice  
1 serving whey protein  
Blend and Enjoy!

Protein ≈20 grams

## Creamy

### Peaches and Cream

1 vanilla Greek yogurt  
1 C milk  
1 C frozen peaches  
Blend and enjoy

Protein ≈ 18 grams

### PB Shake

2 Tbsp. Peanut Butter  
1 banana  
1 vanilla nutrition supplement  
Blend and enjoy

Protein ≈ 30 grams protein

### Double Chocolate

1 C chocolate milk  
¼ C dried milk or whey protein  
½ C chocolate ice cream  
Mix and Drink

Protein ≈20 grams



**Whey protein** is a lactose-free protein found in milk. Find 100% whey protein powder at your pharmacy

**Greek Yogurt** is a traditional yogurt that is thicker, creamier and higher in protein than regular yogurt.

 Marks recipes that do not require a blender, just mix in a large glass to the thickness you like.

# Plant Based Protein Recipes

If you follow a plant based diet, include plenty of **beans, peas, lentils, nuts, nut butters** and **seeds** for a protein boost. You can make high protein shakes and snacks to fit your tastes and spend less money. Here are some ideas to try:

## Aloha Shake

½ C tofu  
1 C frozen tropical fruit  
½ avocado  
½ C pineapple juice  
1 C soy or almond milk  
Blend and enjoy

Protein: ≈ 28 grams

## PB Shake

2 Tbsp. Peanut Butter  
1 peeled, frozen banana  
½ C white beans  
1 C vanilla soy milk  
Blend and enjoy

Protein ≈ 20 grams protein

## Double Chocolate

1 C chocolate almond milk  
1 tsp. cocoa powder  
1 serving plant protein powder  
Mix and Drink  
Protein ≈20 grams



## Frozen Lemonade

1 C lemonade  
1 serving plant protein  
½ C ice cubes  
Blend and enjoy

Protein: ≈ 20 grams

## Berry Shake

1 C frozen strawberries  
1/2 C cranberry juice  
1 serving plant protein  
Blend and Enjoy!

Protein ≈20 grams




## Peaches and Cream

1 C vanilla soy milk  
½ C white beans  
½ avocado  
1 C frozen peaches  
Blend and enjoy

Protein ≈ 18 grams

**Plant Protein Powder** Look for a powder that contains at least 14 grams of protein per serving and has zero herbal additives, such as 100% soy, pea, almond or peanut powder.

**Tofu** is made from soybeans; it has a mild taste and creamy texture which is high in quality protein.

 Marks recipes that do not require a blender, just mix in a large glass to the thickness you like.