



Tips to Increase Your Protein Intake

Every cell in your body needs protein. If you don't eat enough, your body will break down your muscles. Include a protein source with each meal and snack.

| Food Sources | Serving | Protein (g) |
|--|---------|-------------|
| Egg, whole | 1 | 7 |
| Egg, white only | 2 | 7 |
| Egg substitute (e.g., Egg Beaters®) | ¼ cup | 6 |
| Greek yogurt | 6 oz | 15 |
| Yogurt | 6-8 oz | 8-10 |
| Milk (whole, reduced fat, skim, soy, or lactose-free milk – NOT almond or rice milk) | 1 cup | 8 |
| Evaporated milk (with or without fat) | ¼ cup | 4 |
| Eggnog | 1 cup | 11.5 |
| Meat (such as chicken, turkey, fish, shellfish, pork, beef) | 2 oz | 14 |
| Tofu | ½ cup | 10 |
| Cottage cheese | ½ cup | 14 |
| Cheese (such as cheddar, American, Swiss, mozzarella, havarti, Gouda, colby, or Muenster) | 1 oz | 7 |
| Nuts or seeds (such as peanuts, almonds, walnuts, cashews, sunflower seeds, pumpkin seeds) | 1 oz | 5-6 |
| Nut butters (peanut, almond, cashew, sunflower seed, soynut) | 2 Tbsp | 6-7 |
| Beans (such as kidney beans, chickpeas, soybeans, black beans, lima beans, refried beans) | ½ cup | 7 |

If you need more protein, you can add some of these liquid nutritional supplements or powdered protein options. *Keep in mind that the liquid shakes provide significant calories too, which you may or may not need.*

| Supplement Sources | Serving | Protein (g) | + 1 cup milk (g) |
|---|-----------------|--------------------|-------------------------|
| <i>Liquid</i> | | | |
| Ensure [®] , Boost [®] or generic equivalent | 8 oz | 8-10 | n/a |
| Ensure Plus [®] , Boost Plus [®] , or generic equivalent | 8 oz | 13-15 | n/a |
| Ensure Enlive [®] , Boost Optimum [®] , or generic equivalent | 8 oz | 20-22 | n/a |
| Orgain Organic Nutrition | 11 oz | 16 | n/a |
| Orgain Organic Protein | 11-14 oz | 20-26 | n/a |
| Designer Whey [®] High Protein Shake | 10.5 oz | 18 | n/a |
| Muscle Milk [®] | 11 oz | 20-25 | n/a |
| Premier Nutrition [®] - Premier Protein Shake | 11 oz | 30 | n/a |
| <i>Powdered</i> | | | |
| Carnation Breakfast Essentials [®] (or generic instant breakfast) | 1 packet (36 g) | 5 | 13 |
| Dried milk powder | ¼ cup | 9 | 17 |
| Beneprotein [®] | 1 packet (6 g) | 6 | 14 |
| Boost [®] High Protein Powder | 7 Tbsp (42 g) | 6 | 14 |
| Orgain Organic Protein or Whey Powder | 7 Tbs | 21 | 29 |
| Designer Whey [®] Protein Powder | 1 scoop (28 g) | 18 | 26 |
| Nutra-Balance [®] Egg/Pro Powder | 1 Tbsp (4.4 g) | 4 | 12 |
| Nutra-Balance [®] Nutra/Pro Drink Mix ¹ | 1 pack (26 g) | 16 | 24 |

¹ www.nutra-balance-products.com; 800-654-3691