



## 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, lactose-free milk, soy, or pea – 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.*

Liquid Supplement*	Serving	Protein (g)	Calories
Ensure <sup>®</sup> , Boost <sup>®</sup> or generic equivalent	8 oz	8 - 10	240 - 250
Ensure Plus <sup>®</sup> , Boost Plus <sup>®</sup> , or generic equivalent	8 oz	13-15	350 - 360
Ensure <sup>®</sup> High Protein Boost <sup>®</sup> High Protein, or generic equivalent	8 oz	16 - 20	160 - 240
Ensure <sup>®</sup> Max Protein, Boost <sup>®</sup> Max Protein, or generic equivalent	11 oz	30	150 - 160
Carnation Breakfast Essentials <sup>®</sup> High Protein	8 oz	15	220
Core Power <sup>®</sup> High Protein Shake	8 - 14 oz	25 - 42	130 - 230
Muscle Milk <sup>®</sup>	11-14 oz	20 - 40	130 - 220
Orgain <sup>®</sup> Protein Shakes	11 - 14 oz	20-26	130 - 150
Premier Nutrition <sup>®</sup> Protein Shake	11 oz	30	160
Quest <sup>®</sup> Protein Shake	11 oz	30	160

Powdered Protein Supplement*	Serving Size	Protein	Protein when mixed with 1 cup milk (g)**
Carnation Breakfast Essentials <sup>®</sup> powder (original/High Protein)	1 packet (36 g)	5 -10	13 - 20
Dried milk powder	¼ cup	9	17
Beneprotein <sup>®</sup>	1 scoop (7 g)	6	14
Boost <sup>®</sup> High Protein Drink Mix	7 Tbsp (42 g)	6	14
Designer Whey <sup>®</sup> Protein Powder	1 scoop (31 g)	20	26
Orgain <sup>®</sup> Organic Protein or Whey Powder	2 scoops (42 g)	21	29
Pure Protein <sup>®</sup> Whey Powder	1 scoop (39 g)	25	33
Unjury <sup>®</sup> Protein Powder	1 scoop (24 g)	21	29

\*Examples only; UVA Health does not promote any specific brands or products; store equivalents may be available.

\*\*For more calories, mix with whole milk. For fewer calories, mix with fat free milk