

Tips to Increase Your Protein Intake

If you have been told you need to eat more protein, the following foods and tips may help.
Try to include a protein food with each meal and snack.

Foods	Serving Size	Protein (g)	Options for Use
Meat & Seafood			
Lean Meat (beef/pork/chicken)	1 oz. cooked	6-8	Chop and add to salads, vegetables, soups, omelets, scrambled eggs, quiche, casseroles, sandwiches or quesadillas.
Fish/shellfish	1 oz. cooked	6-8	
Lunch Meat	1 oz.	4	
Eggs			
Egg	1	6-8	Add hard boiled eggs to fresh salads or make egg salad. Add chopped, hard cooked eggs to casseroles, vegetables, chicken or tuna salad, and more.
Egg Whites	1	3-4	
Egg Beaters® or generic equivalent	¼ C	6	
Dairy			
Skim or 1% Milk	1 C	8	Use milk instead of water when making protein drinks, smoothies, grits, oatmeal, cream of wheat, canned soups or hot chocolate.
Fairlife® Milk, skim or 1% (high protein ultra-filtered milk)	1C	13	
Kefir, 0-1% fat	1C	11	Enjoy alone or add to cereal, fruits, gelatins and smoothies.
Greek Yogurt (0-2% fat)	¾ C	15-18	
Plain Yogurt	¾ C	7	
Cheese, 2% reduced fat	1 oz.	7	Sprinkle on salads or eat with fruit/whole grain crackers. Add to sandwiches, or melt on bread or tortillas. Grate and add to soups, casseroles, sauces, vegetables or rice/pasta.
Cottage cheese, low fat	½ C	13	Eat with fruits and vegetables or add it to meals such as casseroles and lasagna.
Ricotta Cheese	½ C	14	
Instant Pudding, low and sugar	½ C	4	
Carnation Breakfast Essentials® powder	1 packet	12	Make into a smoothie or shake.
Non-Fat Dairy Milk Powder	1 tbsp.	2	Add to milk, oatmeal, grits, casseroles, muffins, sauces, cream-based soups, & mashed potatoes.
Beans & Nuts			
Refried beans, fat-free	¼ C	3	
Beans, Black-Eyed Peas, Chickpeas (Garbanzo Beans), Lentils, Lima Beans	¼ C	3-4	Use as a salad topping, in soups, stews, casseroles. Pureed beans can be added to thicken sauces. Chickpeas can be roasted for a crunchy snack.
Almonds, Cashews, Peanuts, Pistachios, Walnuts Pumpkin seeds, Sunflower Seeds	¼ C	6-8	Sprinkle on fruit, cereal, Greek yogurt, and salads. Blend with vegetables and herbs to make a sauce for noodles or other vegetables.
Nut or Seed Butters (peanut, cashew, almond, etc.)	2 tbsp.	4-8	Use as a spread for sandwiches, crackers, oatmeal, pancakes and fruit. Add to Greek yogurt, and smoothies.
Hummus	¼ C	4	Use as a dip for raw vegetables. Spread on a sandwich or wrap as a condiment.

Meat Substitutes			
Tofu	3oz	11	Add to salads, vegetables, soups, omelets, quiche, sandwiches, or baked potatoes.
Veggie Sausage Patty OR Links	1 patty	9-12	
Frozen meatless vegetable products	varies	See nutrition label	
Other			
Quinoa	1/3 C	6	Use in place of rice in a meal.
High protein “grain” or “pasta” (Banza®, Barilla® Protein Plus, etc.)	2oz	11-13	Use in place of traditional pasta or rice.

Still need more protein? If you need more protein, you can try of these liquid nutritional supplements or protein powders.

Keep in mind that the liquid shakes provide calories too, which you may or may not need.

Liquid Supplement*	Serving	Protein (g)	Calories
Ensure®, Boost® or generic equivalent	8 oz	8 - 10	240 - 250
Ensure Plus®, Boost Plus®, or generic equivalent	8 oz	13-15	350 - 360
Ensure® High Protein Boost® High Protein, or generic equivalent	8 oz	16 - 20	160 - 240
Ensure® Max Protein, Boost® Max Protein, or generic equivalent	11 oz	30	150 - 160
Carnation Breakfast Essentials® High Protein	8 oz	15	220
Core Power® High Protein Shake	14 oz	26	170
Muscle Milk®	11-14 oz	20 – 40	130 - 220
Orgain® Protein Shakes	11 – 14 oz	20-26	130 - 150
Premier Nutrition® Protein Shake	11 oz	30	160
Quest™ Protein Shake	11 oz	30	160
Equate™ High Performance	11 oz	30	170

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

*Examples only; UVA Health does not promote any specific brands or products.

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