



Client's Name: _____

Date: _____

Registered Dietitian's Name: _____

Phone # 705-522-6237 ext- _____

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Increasing Protein

Protein is essential in building and repairing muscles, organs, skin, hair and bones. It also helps the body in fighting infection.

You may benefit from a high protein, high calorie diet during your treatment or recovery to maintain your strength and weight.

Helpful Hints to Increase Protein:

Food Item	Protein/Serving	Where to Use
Milk	8 grams/1 cup	<ul style="list-style-type: none"> • Add to cereal, coffee, smoothies, milkshakes, mashed potatoes • Use in baked goods, desserts, casseroles, egg dishes, cream soups, sauces • Add to Jello® instead of cold water
Fortified Soy Milk	7 grams/1 cup	<ul style="list-style-type: none"> • Use in place of dairy milk for intolerances/allergies
Cheese (cheddar, mozzarella, brie, camembert, goat etc)	7.5-15 grams/1.5 oz	<ul style="list-style-type: none"> • Add slices of cheese to fruit or crackers • Add to toast, breads muffins • Grate into vegetables, soups and sauces • Use in: <ul style="list-style-type: none"> ○ Sandwiches, burgers ○ Eggs (scrambled, omelets) ○ Casseroles ○ Potatoes, pasta, rice

Food Item	Protein/Serving	Where to Use
Cottage, Ricotta Cheese	15 grams/ ½ cup	<ul style="list-style-type: none"> • Mix with fruits and vegetables • Use in: <ul style="list-style-type: none"> ○ Pasta (manicotti, lasagna) ○ Cheese cake, puddings ○ Casseroles ○ Egg dishes (soufflés, quiche, scrambled eggs, omelets) • Add to pancakes crepes and waffles
Greek Yogurt	14-18grams/ ¾ cup	<ul style="list-style-type: none"> • Mix with fruits and desserts • Add to pancake or waffle mixes • Add to milk-based beverages & gelatin desserts • Stir into vegetable, casseroles and pasta dishes • Use as a snack or dessert • Make a parfait with granola and fruit
Regular Yogurt	6 grams/ ¾ cup	<ul style="list-style-type: none"> • Can be used same as Greek Yogurt
Skim Milk Powder	8 grams/ 1/3 cup	<ul style="list-style-type: none"> • High Protein Milk: <ul style="list-style-type: none"> ○ Dissolve 1 cup (250ml) of milk powder into 4 cups homogenized milk. Refrigerate. • Add to: <ul style="list-style-type: none"> ○ Hot cereals, scrambled eggs, milkshakes, eggnog, pudding mixes, yogurt, mashed potatoes ○ Gravy and cream soups ○ Casseroles ○ Recipes for baked goods
Peanut Butter	8 grams/ 2 Tbsp	<ul style="list-style-type: none"> • Spread on sandwiches, toast, muffins, crackers, waffles, pancakes, raw fruit and vegetable slices • Use in peanut butter cookies, squares, muffins, cakes, icings • Blend with milk drinks • Swirl through soft ice-cream & yogurt
Almond Butter	7 grams/ 2 Tbsp	<ul style="list-style-type: none"> • Can be used same as peanut butter
Food Item	Protein/Serving	Where to Use

Nuts/seeds	4-7grams/ 1 oz	<ul style="list-style-type: none"> • Add chopped or ground to yogurt, ice cream, puddings, cereals, muffins, pancakes, waffles, breads, cookies, casseroles, hamburgers, meatloaves, vegetable dishes, pasta dishes, salads, sandwich fillings • Snack on nuts between meals
Wheat Germ	13 grams/ ½ cup	<ul style="list-style-type: none"> • Replace flour when baking • Stir into oatmeal • Add to cereal or yogurt • Add to smoothies or milkshakes • Use in place of bread crumbs
Eggs	12 grams/ 2 eggs	<ul style="list-style-type: none"> • Add to salads, sandwiches, crackers
Meat, Fish, Poultry	16-20 grams/ 2.5 oz	<ul style="list-style-type: none"> • Add to soups, sauces, casseroles, omelets, quiches, stuffing, salads • Use as a sandwich filling
Legumes (Beans and Peas)	10-12grams/ ¾ cup	<ul style="list-style-type: none"> • Add cooked legumes to soups, casseroles, pasta and grain dishes (rice, barley) • Add to stir fries, chilli • Use hummus as a dip or sandwich spread
Tofu	20 grams/ 3 oz (150g)	<ul style="list-style-type: none"> • Can be used as a meat replacement in most recipes • Choose extra firm tofu to add to stir fries, casseroles, chilli, soups, curry • Choose silken tofu and add to smoothies, desserts, cream soups, sauces, egg dishes
Soy Beans	20 grams/ ¾ cup	<ul style="list-style-type: none"> • Eat as a snack • Add to stir fries, casseroles, salads, pasta dishes
Quinoa	4 grams/ ½ cup	<ul style="list-style-type: none"> • Use as a replacement for rice or pasta • Add to salads or casseroles • Use as a side dish for any meal

Nutritional Supplements

- Commercial nutritional supplements are rich in energy, proteins, vitamins and minerals. They are available in different flavours and many are lactose (milk sugar) free. Your dietitian can assist you in determining the most suitable supplement for you.
- Nestle Carnation Breakfast Essentials® powder, when added to homogenized milk, is a very good source of protein and calories. It is available at most grocery stores. It can also be added to hot cereal or pudding mixes.

Easy Ways to Increase Protein Intake

Instead of...

Typical plain or fruit yogurt

=6g of protein
(175 mL or ~¾ cup)



Sour cream

~1g protein
(15mL or 1 tbsp)



White Rice

=4g of protein
(1 cup, cooked)



Jell-O ® Pudding Cup

= 1g of protein
(1 snack cup – ½ cup)



Try...

Greek yogurt

=15 g of protein
(175 mL or ~¾ cup)

Ricotta cheese

=15g of protein
(125mL or ½ cup)

Quinoa

=8g of protein
(1 cup, cooked)

Instant Jell-O Pudding

(Made with 2 cups
of high protein milk)

= 6g protein / ½ cup