

## tips for adding protein

### Cancer

During cancer treatment and recovery, protein needs may be higher than normal. To help stay nourished, try to get enough protein in your diet. See below for ideas on how to add more protein to your diet.

#### Dairy - Melt Cheese On:

- Bagels
- Chicken
- Crackers
- Eggs
- English Muffins
- Hamburgers
- Pita Bread
- Sandwiches
- Tortilla Chips
- Tortillas
- Tuna
- Vegetables

#### Dairy - Grate Cheese Over:

- Breadsticks
- Casseroles
- Mashed Potatoes
- Pastas
- Pizza
- Rice
- Salads
- Sauces
- Soups
- Vegetable Dishes

#### Dairy - Cottage and Ricotta Cheese:

- Use as a dip for fruits and vegetables
- Add to:
  - Casseroles
  - Egg Dishes  
(omelets, frittatas, scrambled eggs)
  - Pancake/Muffin Batter
  - Pasta
  - Polenta
  - Smoothies

#### Dairy - Milk:

- Use milk to replace water in cooking
- Use in hot soups, cereal, cocoa, and pudding

#### Dairy - Nonfat Instant Dry Milk:

- Add to milk or milk drinks, such as milkshakes, protein shakes or eggnog
- Add to:
  - Breads
  - Cream-Based Soups
  - Custards
  - Macaroni and Cheese
  - Mashed Potatoes
  - Muffins
  - Puddings
  - Sauces

#### Dairy - Meal Substitution and Protein Powders:

- Use “instant breakfast powder” in milk, milk drinks and desserts
- Mix with fruit, yogurt and ice for a high protein smoothie
- Add to:
  - Baked Goods
  - Coffee
  - Ice Cream
  - Oatmeal
  - Pudding

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#### Dairy - Greek Yogurt:

- Mix with fruit and granola
- Use to replace sour cream in dishes
- Add to smoothies
- Freeze to make popsicles
- Use in baked goods

#### Eggs:

- Add chopped hard-boiled eggs to salads
- Make a custard with milk, eggs and sugar
- Make egg salad
- Make eggs in a variety of ways:
  - Scrambled Eggs
  - Muffin Tin Eggs
  - Omelets
  - Quiches
  - Frittatas
  - Breakfast Burritos
  - Breakfast Sandwiches

#### Nuts and Seeds:

- Add to:
  - Breads
  - Cookies
  - Muffins
  - Pancakes
  - Smoothies
  - Trail Mix
  - Waffles
- Sprinkle on:
  - Cereal
  - Ice Cream
  - Salads
  - Vegetable Dishes
  - Yogurt

#### Nut Butters:

- Swirl through yogurt
- Add to smoothies
- Spread On:
  - Crackers
  - Fruit or Veggie Slices
  - Muffins
  - Pancakes
  - Sandwiches
  - Toast
  - Waffles

#### Meat, Poultry, and Fish:

- Add cooked, chopped meat, poultry, or fish to:
  - Casseroles
  - Omelets
  - Pasta
  - Quiches
  - Rice
  - Salads
  - Sandwiches
  - Soups
  - Vegetables

#### Beans, Legumes, and Tofu:

- Make hummus
- Add to:
  - Casseroles
  - Grain Dishes
  - Pasta
  - Salads
  - Soup
  - Stir-fries
  - Tacos