

How to Increase Protein

<p>Hard or Semisoft Cheese</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Melt on sandwiches, bread, muffins, tortillas, hamburgers, hot dogs, other meats or fish, vegetables, eggs, desserts, stewed fruit, or pies. <input type="checkbox"/> Grate and add to soups, sauces, casseroles, vegetable dishes, mashed potatoes, rice, noodles, or meatloaf.
<p>Cottage Cheese/ Ricotta Cheese</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Mix with or use to stuff fruits and vegetables. <input type="checkbox"/> Add to casseroles, spaghetti, noodles, and egg dishes, such as omelets, scrambled eggs, and souffles. <input type="checkbox"/> Use in gelatin, pudding-type desserts, cheesecake, and pancake batter. <input type="checkbox"/> Use to stuff crepes and pasta shells or manicotti.
<p>Milk</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Use milk instead of water in beverages and in cooking when possible. <input type="checkbox"/> Use in preparing hot cereal, soups, cocoa, and pudding. <input type="checkbox"/> Add cream sauces to vegetables and other dishes.
<p>Nonfat Instant Dry Milk</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Add to regular milk and milk drinks, such as pasteurized eggnog and milkshakes. <input type="checkbox"/> Use in casseroles, meatloaf, breads, muffins, sauces, cream soups, mashed potatoes, puddings and custards, and milk-based desserts.
<p>Commercial Products</p>	<ul style="list-style-type: none"> <input type="checkbox"/> See the section on "Commercial Products to Improve Nutrition" on page 10. <input type="checkbox"/> Use "instant breakfast" powder in milk drinks and desserts. <input type="checkbox"/> Mix with ice cream, milk, and fruit or flavorings for a high-protein milkshake.
<p>Ice Cream, Yogurt, and Frozen Yogurt</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Add to carbonated beverages, such as ginger ale or cola. <input type="checkbox"/> Add to milk drinks, such as milkshakes. <input type="checkbox"/> Add to cereal, fruit, gelatin desserts, and pies; blend or whip with soft or cooked fruits. <input type="checkbox"/> Sandwich ice cream or frozen yogurt between cake slices, cookies, or graham crackers. <input type="checkbox"/> Make breakfast drinks with fruit and bananas.
<p>Eggs</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Add chopped, hard-cooked eggs to salads and dressings, vegetables, casseroles, and creamed meats. <input type="checkbox"/> Add extra eggs or egg whites to quiches and to pancake and French toast batter. <input type="checkbox"/> Add extra egg whites to scrambled eggs and omelets.

	<ul style="list-style-type: none"> <input type="checkbox"/> Make a rich custard with eggs, high-protein milk, and sugar. <input type="checkbox"/> Add extra hard-cooked yolks to deviled-egg filling and sandwich spreads. <input type="checkbox"/> Avoid raw eggs, which may contain harmful bacteria, because your treatment may make you susceptible to infection. Make sure all eggs you eat are well cooked or baked; avoid eggs that are undercooked.
Nuts, Seeds, and Wheat Germ	<ul style="list-style-type: none"> <input type="checkbox"/> Add to casseroles, breads, muffins, pancakes, cookies, and waffles. <input type="checkbox"/> Sprinkle on fruit, cereal, ice cream, yogurt, vegetables, salads, and toast as a crunchy topping; use in place of bread crumbs. <input type="checkbox"/> Blend with parsley or spinach, herbs, and cream for a noodle, pasta, or vegetable sauce. <input type="checkbox"/> Roll banana in chopped nuts.
Peanut Butter	<ul style="list-style-type: none"> <input type="checkbox"/> Spread on sandwiches, toast, muffins, crackers, waffles, pancakes, and fruit slices. <input type="checkbox"/> Use as a dip for raw vegetables, such as carrots, cauliflower, and celery. <input type="checkbox"/> Blend with milk drinks and beverages. <input type="checkbox"/> Swirl through soft ice cream and yogurt.
Meat and Fish	<ul style="list-style-type: none"> <input type="checkbox"/> Add chopped, cooked meat or fish to vegetables, salads, casseroles, soups, sauces, and biscuit dough. <input type="checkbox"/> Use in omelets, souffles, quiches, sandwich fillings, and chicken and turkey stuffings. <input type="checkbox"/> Wrap in pie crust or biscuit dough as turnovers. <input type="checkbox"/> Add to stuffed baked potatoes.
Beans/Legumes	<ul style="list-style-type: none"> <input type="checkbox"/> Cook and use peas, legumes, beans, and tofu in soups or add to casseroles, pastas, and grain dishes that also contain cheese or meat. Mash cooked beans with cheese and milk.