



# HIGH PROTEIN FOOD CHOICES



During cancer treatment your protein requirements may increase. Good choices to add more protein to your meals and snacks include milk and dairy foods, eggs, meat, poultry, and fish, legumes (beans, peas, and peanuts), nuts, and seeds. Here are some ideas to try.

## MILK AND DAIRY FOODS



\_\_\_\_\_ Eat cheese on toast or with crackers.

\_\_\_\_\_ Add grated cheddar cheese to baked potatoes, vegetables, soups, pasta, meat, or fruit.

\_\_\_\_\_ Use whole milk in place of water when making cereal and cream soups.

\_\_\_\_\_ Choose Greek yogurt, which is higher in protein than regular yogurt.

\_\_\_\_\_ Top vegetables and pasta with cream sauces.

## EGGS

Keep hard-cooked eggs in the refrigerator. Eat them "as is"; use them to make a quick egg salad; or chop them and add them to salads, casseroles, soups, and vegetables.

To avoid the risk of harmful bacteria in raw or undercooked eggs, eat only well-cooked eggs.



## MEATS, POULTRY AND FISH

Add leftover cooked meats to soups, casseroles, salads, and omelets.

Mix diced and diced meat with sour cream and spices to make a dip or sandwich spread.



## LEGUMES (BEANS, PEAS, AND PEANUTS), NUTS, AND SEEDS



Add beans and peas to salads, soups, casseroles, and vegetable dishes.

Spread peanut butter on toast and fruit, or blend it in a milkshake.

Sprinkle sunflower seeds or nuts on vegetables, salads, pasta, and desserts such as fruit, ice cream and pudding.

Snack on seeds or nuts.