

# WAYS TO INCREASE PROTEIN IN YOUR DIET – OB13

- **Milk shakes:** from non-fat dry milk (reconstituted), ice, and flavorings
- **Roasted Almonds:** Can purchased at a health food store or you can make your own by soaking almonds in water in the refrigerator for 2 nights. (You must change the water once—use discarded water for plants). Drain and roast in 300-degree oven on lightly oiled and salted pan until light brown.
- **Cheese:** Preferably mozzarella, provolone or white cheddar can be grated and added to eggs, sandwiches, casseroles, salads, and snacks and on whole-wheat crackers and celery.
- **Cottage Cheese:** is the cheapest and best source of protein! Add to scrambled eggs, casseroles such as lasagna and other Italian dishes; mix with fruit such as pineapple (which is an excellent source of biotin—also great for pregnancy) or use as a cracker topping.
- **Non-fat dry milk:** add to hamburgers, meatballs, meatloaf, casseroles, and breads
- **Yogurt:** Use plain or vanilla with live acidophilus (Dannon is a good brand) and add fresh fruit or use in place of sour cream in dips.
- **Eggs:** Keep hard boiled eggs and deviled eggs in refrigerator for snacking, or make egg custard for dessert.
- **Sunflower seeds:** Add to sandwich spreads (chicken salad is excellent of course) and sprinkle over salads or just eat as a snack.
- **Wheat germ:** Add to cereal, breads, cookies, baked goods, or serve over ice cream.
- **Brewers Yeast:** Increases needed B vitamins too and helps combat fatigue. Good for milk production as well.
- **Liver:** Best source of just about everything! Cook and grind to combine in hamburger or eat plain.
- **Granola:** make your own from whole grain cereals (oatmeal, 4 grain cereal) wheat germ, coconut, nuts, sesame seeds, sunflower seeds, oil, honey, vanilla, and cinnamon. Top ice cream or eat as a snack.
- **Combine vegetable proteins to make complete proteins:** Rice + legumes, corn + legumes, wheat + legumes, wheat + sesame, Brewers yeast + legumes, beans + corn, vegetables + mushrooms or nuts or sesame seeds.
- **Beans and corn:** marinated salad of kidney beans, corn, celery, onion and Italian dressing. Serve chili with cornbread. Mexican food.

## **REMEMBER:**

Adequate protein (80 – 100 g) helps prevent edema, high blood pressure, and helps promote good health during pregnancy. Also, protein is very important to maintain a healthy body when anemia attacks.