

Protein Boosters

The following suggestions are intended for people who have difficulty eating high protein foods.

Skim Milk Powder (for cooking use only)	Mix one cup of skim milk powder into one quart of whole milk and use in recipes for creamed soups, hot cocoa, cooked cereals, cooked custard or pudding, casseroles and mashed potatoes Skim milk powder can also be added to scrambled eggs, soups, casseroles, meat loaf or meat balls, cookies and muffins. Start by adding 1 tablespoon of skim milk powder per serving.
Milk or Half-and-Half	Use instead of water for soups, cereals, and instant cocoa
Cheese or cheese sauce	Add grated or melted cheese to vegetables, casseroles, soups
Eggs (fully cooked only)	Plain or in mixed dishes
Peanut Butter	Use on bread, crackers, or celery, apples, and bananas
Instant Breakfast Milk Shake	Combine and mix well; one packet instant breakfast mix, one-cup whole milk or half-and-half, ½ cup ice cream
Other High Protein Foods	Cottage cheese Yogurt Meat, fish, poultry

Source: Reprinted with permission from *Enhancing Nutritional Value with Fortified Foods: A Resource for Professionals* by Becky Dorner, RD, LD.