High Protein Diet

A high protein diet means that high protein foods are added to a diet. Getting more protein in the diet is important for a number of different reasons. Protein helps the body to build tissue, muscle and repair damage. People who have had surgery, injuries such as broken bones, infections, burns, and illnesses such as cancer may need more protein in their diet.

FOOD SOURCES OF PROTEIN

The list below tells you how big or small some common portion sizes are.

- 1 ounce (oz).....4 stacked dice.
- 3 oz.....Deck of cards.
- 1 teaspoon (tsp).....Tip of little finger.
- 1 tablespoon (Tbsp).....Tip of thumb.
- 2 Tbsp.....Golf ball.
- ½ Cup.....Half of a fist.
- 1 Cup.....A fist.

The lists below show some food sources of protein and how much protein they contain. Your Registered Dietitian can calculate how many grams of protein you need for your medical condition. Be sure to have at least one protein containing food at each meal and snack to ensure adequate intake.

Meats and Meat Substitutes

***Protein in grams**

- 3 oz poultry (such as chicken or turkey) - 26g*.
- 3 oz tuna canned in water - 26g.
- 3 oz fish (such as cod) - 21g.
- 3 oz red meat (such as beef or pork) - 21g.
- 4 oz tofu - 9g.
- 1 egg - 6g.
- ¼ cup egg substitute - 5g.
- 1 cup dried beans - 15g.
- 1 cup soy milk - 4g.

Dairy

- 1 cup milk (skim, 1%, 2% and whole) - 8g.
- ½ cup evaporated milk - 9g.
- 1 cup buttermilk - 8g.
- 1 cup low fat plain yogurt - 11g.
- 1 cup regular plain yogurt - 9g.
- ½ cup cottage cheese - 14g.
- 1 oz cheddar cheese - 7g.

Nuts

- 2 Tbsp peanut butter - 8g.
- 1 oz peanuts - 7g.
- 2 Tbsp cashews - 5g.
- 2 Tbsp almonds - 5g.

High protein foods such as the ones listed above can be added to the diet at mealtime or as snacks.

Information from www.eatright.org, Food-wise Nutritional Analysis Database.

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