



UVA Nutrition Services



UVA Digestive Health Center

Tips to Increase Your Protein Intake

To increase your daily intake of protein, include a protein source with each meal and snack. The following foods are great sources of protein:

Food Sources	Amount	Grams of Protein
Meats (such as chicken, turkey, fish, pork or beef)	2oz	14g
Greek yogurt	6oz	14g
Cottage cheese	½ cup	14g
Yogurt	6-8oz	8-10g
Nut butters (peanut butter, almond butter, cashew butter, sunflower seed butter, soynut butter)	2 Tbsp	8g
Milk (whole, reduced fat, soymilk, or lactose-free milk)	1 cup	8g
Canned, evaporated, non-fat	1 cup	19
Milk, canned, evaporated	1 cup	17
Milk, canned, condensed, sweetened	1 cup	24
Eggnog	1 cup	11.5
Egg (fried, hardboiled, or scrambled with milk)	1	7g
Egg Beaters®	¼ c	6
Beans (such as kidney beans, chickpeas, soybeans, black beans, lima beans, refried beans)	½ cup	7
Cheese (such as cheddar, American, swiss, mozzarella, havarti, gouda, Colby, or muenster)	1oz	7
Nuts or seeds (such as peanuts, almonds, walnuts, cashews, sunflower seeds, pumpkin seeds)	1 oz	5-6

Supplement Sources	Amount	Grams of Protein	Mixed with 1 cup Milk
Liquid:			
Ensure®, Boost® or generic equivalent	1 can	12g	
Powdered:			
Carnation® (or store brand) Instant Breakfast™	1 pack (36g)	5g	13g
Scandishakes®	1 pack		14g
Dried milk powder	1Tbsp	7g	15g
Beneprotein® www.nestle-nutrition.com , 1-800-422- 2752	1 scoop/pack (6g)	6g	14g
Boost® High Protein Powder www.boost.com , 1-800-247-7893	7 Tbsp (42g)	5g	13g
Designer Whey® protein www.designerwhey.com , 760-431-8152	1 scoop (26g)	18g	26g
Kroger® brand Whey Protein www.kroger.com , 1-800-632-6900	1 pack (28g)	20g	28g
Nutra-balance® Egg/Pro Powder Nutra/Pro www.nutra-balance-products.com , 800-654-3691	1 Tbsp (4.4g) 1 pack (26g)	4g 16g	12g 24g