

INCREASING PROTEIN IN YOUR DIET

Remember to get adequate protein (65gms) daily

- Milk shakes from non-fat dry milk, ice and flavorings
- Roasted soy nuts
- Low fat cheese on eggs, sandwiches, casseroles, salads, whole wheat crackers and celery.
- Cottage cheese
- Non-fat dry milk in hamburgers, meatballs, meatloaf, breads
- Yogart
- Soy flour
- Eggs
- Sunflower seeds
- Wheat germ
- Brewers yeast increases vitamin B and helps fatigue and milk production
- Beef liver; eat whole or cut a liver into 50 cent size pieces cook one piece twice weekly for low iron
- Granola homemade
- Beans; kidney, garbanzo, black