

Sneaky Ways Of Increasing Protein In Your Diet

Milk shakes from non-fat dry (reconstituted, ice, and flavorings)

Roasted soy nuts, buy in health food store or make own. Soak soybeans in water in refrigerator for two nights, changing water once (use discarded water for soups or plants). Drain and roast in 300 degree oven on lightly oiled and salted pan until light brown.

Cheese, cheese, cheese! Add grated cheese to eggs, sandwiches, casseroles, salads, snacks: on whole wheat crackers and celery.

Cottage cheese is the cheapest and best source of protein! Add to gelatin salad, scrambled eggs, casseroles such as lasagna and other Italian dishes, make vegetable and cracker dips out of blended cottage cheese, onions, spices.

Non fat dry milk: add to hamburgers, meatballs, meatloaf, casseroles, and breads.

Yogurt: blend with gelatin for interesting fruit salad use in place of sour cream for dips.

Soy flour: Add to bread (¼ c) when baking.

Eggs: keep hard-boiled and deviled eggs in refrigerator for snacking, make custard for dessert.

Sunflower seeds: Add to sandwich spreads (chicken salad) and salads.

Wheat germ: add to cereal, breads, cookies, baked goods, serve over ice cream.

Brewers yeast: Increases the needed B vitamins too and helps combat fatigue. Good for milk production, too.

Liver: best source of just about everything! Cook and grind to combine with hamburger.

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.

Combining vegetable proteins make complete proteins:

Rice + legumes, corn + legumes, wheat + legumes, wheat + sesame + soybeans, rice + sesame, rice + brewers yeast, beans + corn, vegetable + 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 (about 100 grams) helps prevent edema.

DIETARY IRON:

Needed for blood manufacture for increased blood volume of mother and for baby. Oxygen carrying component of blood dependent on iron. Also, baby stores iron for postpartum life.

Good sources: liver, organ meats, whole grains and peas, corn.