

When You Need Extra Protein and Calcium

Tasty recipes to try

Your body may need more protein and calcium during illness, treatment, pregnancy, and recovery. Protein helps build and repair body tissues, and helps the body fight infection. Calcium keeps bones and teeth strong, controls blood pressure, and keeps muscles working well.

This handout contains many tasty recipes to help you add important protein and calcium to your diet during this time.



Table of Contents

Your Protein and Calcium Needs2
 Protein and Calcium Sources.....3

Breakfast Recipes

Egg Muffin4
 Breakfast Burrito.....4
 Fruit and Yogurt Parfait5
 Fruit and Yogurt Protein Shake5
 Peanut Butter and Banana Protein Shake.....5

Salad and Sandwich Recipes

Chinese Chicken Salad6
 Chef Salad6
 Southwest Taco Salad7
 Greek Pita Pocket7
 Ham and Turkey Wrap.....8
 Tuna Melt.....8
 Mini Pizzas.....9

Dinner Recipes

Cottage Cheese Enchiladas.....	9
Chicken Parmesan.....	10
Fish Tacos with Mango Salsa	10
Chicken Tostadas	11

Snack Recipes

Hummus Spread.....	11
Corn and Black Bean Salsa.....	12
Quick Snack Ideas	12

Your Protein and Calcium Needs

Protein

Protein needs are based on your ideal body weight.

- Your ideal body weight is _____kilograms (_____ pounds).
- You will need _____servings of protein every day. One serving contains 7 grams of protein.
- If you are pregnant, add 10 or more grams of protein every day.

Calcium

Calcium needs vary based on age. Here are usual daily requirements in milligrams (mg):

- 19 to 24 years.....1,200 to 1,500 mg
- 25 to 50 years..... 1,000 mg
- 51 to 64 years.....1,000 to 1,200 mg
- 65 years or older
- 1,500 mg
- If you are pregnant or lactating..... 1,500 mg

If you do not get enough calcium in your diet, your healthcare provider may advise you take a calcium supplement.

Vitamin D

Your body also needs vitamin D to absorb calcium. You may need a calcium supplement with vitamin D if you do not get enough vitamin D in your diet.

Protein and Calcium Sources

Here is a list of common foods rich in high quality protein. Each food listed is equal to **1 protein serving** (7 grams).

- 1 oz. of cooked fish, poultry, or lean meat
- 1 oz. of cheese
- 1 egg or ½ cup liquid egg substitute
- 1 cup milk (skim, 1%, 2%, or whole)
- 1 cup yogurt
- ½ cup canned tuna or salmon
- 2 tablespoons peanut butter
- 1 cup pudding
- 3 oz. tofu
- 1 cup cooked peas or beans

Dairy Foods High in Calcium

- Yogurt, 1 cup450 mg
- Milk, 1 cup300 mg
- Cheese, 1 oz.205 mg
- Cottage cheese, 1 cup.....138 mg

Other Foods High in Calcium

- Orange juice, fortified, 1 cup350 to 600 mg
- Tofu, firm, ½ cup.....100 to 320 mg
- Soy milk, 1 cup100 to 300 mg
- Collard greens, cooked, 1 cup266 mg
- Tahini (sesame seed paste), 2 tablespoons128 mg
- Mustard greens, cooked, 1 cup104 mg
- Broccoli, chopped, boiled, 1 cup.....62 mg

Vitamin D Sources

- Cod liver oil
- Salmon
- Milk or other foods that are fortified with vitamin D
- The sun

Nutrition Facts

One Egg Muffin

Calories.....	322
Protein.....	23 g
Carbohydrates	26 g
Fat	14 g
Calcium.....	380 mg

One Breakfast Burrito

Calories.....	432
Protein.....	35 g
Carbohydrates	28 g
Fat	20 g
Calcium.....	300 mg

Breakfast Recipes

Egg Muffin

Ingredients

- 1 English muffin
- 1 egg
- 2 slices deli ham or Canadian bacon
- 1 slice (1 oz.) cheddar cheese



Directions

1. Toast English muffin and split in half.
2. Cook egg on stovetop or in microwave and lay on one side of English muffin.
3. Lay ham and cheese over egg and top with other half of English muffin.

Breakfast Burrito

Ingredients

- 1 8" whole wheat tortilla
- 2 eggs (scrambled)
- ¼ cup chopped cilantro
- 2 oz. ham (chopped) or low-fat sausage
- ¼ cup (1 oz.) shredded cheddar cheese



Directions

1. Add ham, cilantro, and cheese to scrambled eggs. Scramble together until cheese is melted.
2. Add mixture to tortilla and roll up into a burrito.
3. *Optional:* Top with salsa or sour cream.

Nutrition Facts

Fruit and Yogurt Parfait

Calories..... 340
Protein.....15 g
Carbohydrates 65 g
Fat2 g
Calcium.....400 mg

Fruit and Yogurt Parfait

Calories..... 430
Protein.....37 g
Carbohydrates 66 g
Fat2 g
Calcium.....485 mg

Peanut Butter and Banana Shake

Calories..... 423
Protein.....36 g
Carbohydrates36 g
Fat15 g
Calcium.....400 mg

Fruit and Yogurt Parfait

Ingredients

- 1 cup light yogurt
- ½ cup Smart Start cereal (or high protein cereal)
- ½ cup fresh or frozen berries
- ½ banana, sliced

Directions

1. Put ½ yogurt in medium-sized bowl or wide glass.
2. Spoon ½ of the fruit over yogurt.
3. Sprinkle with ¼ cup cereal.
4. Repeat layers of yogurt, fruit, and cereal.



Fruit and Yogurt Protein Shake

Ingredients

- 1 cup nonfat milk
- 1 scoop vanilla protein powder
- ½ cup light vanilla or flavored yogurt
- 1½ cups frozen berries
- ½ banana

Directions

1. Blend milk and protein powder.
2. Add other ingredients and blend.



Peanut Butter and Banana Shake

Ingredients

- 1 scoop whey protein powder
- 1 cup nonfat milk
- 2 tablespoons reduced fat peanut butter
- 1 dab Hershey's chocolate syrup
- ½ banana
- 4 to 6 ice cubes

Directions

1. Blend milk and protein powder in blender.
2. Add other ingredients and blend.



Nutrition Facts

Chinese Chicken Salad

Per serving:

Calories 475
Protein 37 g
Carbohydrates..... 37 g
Fat..... 20 g
Calcium 110 mg

Chef Salad

Entire salad:

Calories 430
Protein 37 g
Carbohydrates..... 66 g
Fat..... 2 g
Calcium 485 mg

Salad and Sandwich Recipes

Chinese Chicken Salad

Ingredients

- 1½ cups green cabbage
- 1 boneless, skinless chicken breast
- ¼ package dry ramen noodles
- 1 tablespoon sesame seeds
- 2 tablespoons roasted sliced almonds
- 2 tablespoons low-fat salad dressing:
 - 1 tablespoon white vinegar
 - 2 teaspoons sugar
 - ½ teaspoon pepper
 - ½ tablespoon olive oil

Directions

1. Cook chicken.
2. Break ramen noodles apart.
3. Add all ingredients to the cabbage, add dressing, and toss. You may replace the dressing shown with another dressing of your choice.



Chef Salad

Ingredients

- 4 cups green lettuce
- 1 hard-boiled egg
- 3 oz. (6 slices) ham and turkey
- ¼ cup (1 oz.) mozzarella or low-fat cheddar cheese
- ½ cup cherry tomatoes
- 1 tablespoon bacon bits
- 2 tablespoons fat-free salad dressing (ranch, bleu cheese, etc.)

Directions

1. Chop turkey and ham.
2. Slice egg into small slices.
3. Toss all ingredients together with salad dressing.



Nutrition Facts

Southwest Taco Salad

Per serving, with chicken:

Calories..... 492
Protein.....43 g
Carbohydrates44 g
Fat16 g
Calcium.....425 mg

Greek Pita Pocket

One pita pocket:

Calories..... 445
Protein.....20 g
Carbohydrates53 g
Fat17 g
Calcium.....400 mg

Southwest Taco Salad

Ingredients

- 4 cups leaf or romaine lettuce
- $\frac{3}{4}$ cup seasoned ground beef or chicken
- $\frac{1}{4}$ cup shredded cheddar cheese
- $\frac{1}{2}$ cup chopped tomatoes
- $\frac{1}{4}$ cup canned corn $\frac{1}{2}$ cup black, pinto, or kidney beans (strained)
- $\frac{1}{4}$ cup crunched tortilla chips
- 2 tablespoons Southwest salad dressing
 - 2 tablespoons salsa
 - 1 tablespoon light sour cream
 - 1 teaspoon barbecue sauce



Directions

1. Cook ground beef or chicken in taco seasoning.
2. Add in remaining ingredients and toss in lettuce.
3. Mix salad dressing and toss into salad.

Greek Pita Pocket

Ingredients

- 1 whole wheat pita pocket
- $\frac{1}{2}$ cup homemade hummus
- 10 slices of cucumber
- 2 roasted or raw red peppers
- 2 tablespoons chopped black olives
- $\frac{1}{2}$ cup mozzarella cheese



Directions

1. Mix black olives and cheese into hummus dip.
2. Spread hummus dip into pita pocket.
3. Stuff cucumbers and red peppers into the pita.
4. Serve cold or hot (toasted).

Nutrition Facts

Ham and Turkey Wrap

One wrap:

Calories	374
Protein	29 g
Carbohydrates	33 g
Fat	14 g
Calcium.....	325 mg

Tuna Melt

One sandwich:

Calories	394
Protein	26 g
Carbohydrates	32 g
Fat	18 g
Calcium.....	375 mg

Ham and Turkey Wrap

Ingredients

- 1 whole wheat tortilla
- 1 oz. light cream cheese
- 1 tablespoon cranberry sauce
- 3 oz. (6 slices) turkey and ham
- 2 lettuce leaves
- 1 oz. (1 slice) mozzarella or low-fat cheddar cheese

Directions

1. Mix cream cheese and cranberry to make spread.
2. Spread evenly over tortilla.
3. Layer turkey, ham, cheese, and lettuce over tortilla.
4. Roll up into a burrito.



Tuna Melt

Ingredients

- 2 slices whole wheat bread
- 2 oz. chunk light tuna in water
- 2 teaspoons light butter spread
- 1 tablespoon light mayonnaise
- 1 oz. (1 slice) havarti, low-fat cheddar, or mozzarella cheese
- ½ teaspoon dill herb (optional)
- ½ teaspoon pepper

Directions

1. Mix together tuna, mayonnaise, dill, and pepper.
2. Lightly butter the outsides of bread slices.
3. Evenly spread tuna mix onto bread slices.
4. Add cheese to the top of the tuna and grill.



Nutrition Facts

Mini Pizza

Entire recipe:

Calories.....	290
Protein.....	17 g
Carbohydrates	33 g
Fat	10 g
Calcium.....	390 mg

Cottage Cheese Enchilada

One enchilada:

Calories.....	227
Protein.....	17 g
Carbohydrates	15 g
Fat	11 g
Calcium.....	280 mg

Mini Pizzas

Ingredients

- 1 whole English muffin
- ¼ cup mozzarella cheese
- ¼ cup tomato or pizza sauce
- 1 oz. sliced ham or turkey pepperoni
- 2 tablespoons small pineapple chunks
- Optional: Use alternate toppings (peppers, mushrooms, olives, sausage)



Directions

1. Toast English muffin and split in half.
2. Top each half with pizza sauce.
3. Layer with ham, pineapple, and cheese.
4. Broil on high for 1 minute or until cheese is golden brown.

Dinner Recipes

Cottage Cheese Enchiladas

Ingredients

- 4 cups low-fat (1%) cottage cheese
- 1 egg
- 1 can chicken bouillon (15 oz.)
- 1 cup chopped cilantro
- ½ cup minced onion
- 12 small (6") corn tortillas
- 2½ cups shredded mozzarella cheese
- 2 tablespoon each of margarine and flour
- 1 cup low-fat sour cream
- 1 can mild diced green chilies (4 oz.)
- *Optional:* 1 can chopped olives



Directions

1. Mix together cottage cheese, 1½ cups cheese, and egg.
2. Sauté onions and cilantro in oil and blend into mix.
3. Divide into 12 parts (3 spoonfuls) and put into tortillas.
4. Roll up and place in a greased baking dish.
5. Heat margarine on medium heat in a skillet. Add flour to make *roux*. Stir until smooth.

Nutrition Facts

Chicken Parmesan

Per serving:

Calories	580
Protein	48 g
Carbohydrates	63 g
Fat	14 g
Calcium	380 mg

Fish Taco with Mango Salsa

Entire recipe (2 tacos):

Calories	325
Protein	23 g
Carbohydrates	29 g
Fat	13 g
Calcium	225 mg

6. Stir in bouillon and sour cream to roux. Stir until thick.
7. Stir green chilies into sauce. Pour over tortillas. Top with the rest of the mozzarella.
8. Bake at 350° for 20 to 30 minutes or until cheese is golden brown. Let sit 10 to 15 minutes before serving.

Chicken Parmesan

Makes 2 servings

Ingredients

- 2 boneless, skinless chicken breasts (raw)
- 2 tablespoons grated parmesan cheese
- 2 cups spaghetti sauce
- ½ chopped red onion
- 2 garlic cloves
- 2 tablespoons Italian seasoning
- 4 oz. dry pasta, cooked according to directions
- ½ cup mozzarella cheese



Directions

1. Lightly sauté chicken breasts in onions and garlic
2. Remove from pan and top with parmesan cheese.
3. Place chicken in small baking dish and top with spaghetti sauce and mozzarella cheese.
4. Bake at 350° for 25 to 30 minutes. Place on cooked noodles to serve.

Fish Tacos with Mango Salsa

Ingredients

- 2 corn tortillas
- 3 oz. fish (cod, halibut, or sole)
- ½ cup raw cabbage mix (red and green)
- 3 tablespoons lime juice
- ½ cup chopped cilantro
- 2 teaspoon cumin
- 1 teaspoon fajita/taco seasoning
- 1 tablespoon light mayonnaise
- 1 tablespoon light sour cream
- 2 tablespoons mango salsa



Nutrition Facts

Chicken Tostada

One tostada:

Calories	260
Protein	20 g
Carbohydrates.....	22 g
Fat.....	10 g
Calcium	275 mg

Hummus Spread

Entire recipe:

Calories	432
Protein	35 g
Carbohydrates.....	28 g
Fat.....	20 g
Calcium	300 mg

Directions

1. Sauté fish filet in lime juice, cilantro, and seasoning.
2. Mix together cumin, sour cream, and mayonnaise (mayo).
3. Divide fish, cabbage, and mayo-sour cream mix into 2 parts.
4. Lay fish in tortilla, top with mayo-sour cream mix, cabbage, and salsa.

Chicken Tostadas

Ingredients

- 6 tostada shells
- 1½ cups shredded cheddar cheese
- 1 large tomato (chopped)
- 1 medium chopped onion
- 2 large boneless, skinless chicken breasts (cooked)
- 1 can refried beans (14 oz.)
- Optional toppings: sour cream, avocado, and salsa



Directions

1. Chop chicken into small pieces. Sauté with taco seasoning and onions.
2. Spread ¼ cup refried beans evenly onto each shell.
3. Separate chicken into 6 equal servings. Lay on top of beans.
4. Sprinkle ¼ cup cheese on each shell.
5. Lay tostadas on baking sheet. Broil on high for 1 minute.
6. Top with tomatoes, sour cream, salsa, and guacamole.

Snack Recipes

Hummus Spread

Makes 4 servings

Ingredients

- 1 can garbanzo beans (chick peas)
- 2 tablespoons light sour cream
- 2 tablespoons lemon juice
- 2 cloves garlic
- 1 tablespoon olive oil
- 2 tablespoons sesame seeds



Directions

1. Place ingredients into a blender or Cuisinart and puree.
2. If too thick, add a small amount of water until it spreads well.
3. Spread on pita or crackers, or use as a dip with vegetables.

Nutrition Facts

Corn and Black Bean Salsa

Entire recipe:

Calories.....	930
Protein	35 g
Carbohydrates	143 g
Fat	32 g
Calcium.....	190 mg

Corn and Black Bean Salsa

Makes 4 to 6 servings

Ingredients

- 1 can black beans (15 oz.)
- 1 can corn (15 oz.)
- 1 red pepper (chopped)
- 1 cup red onion (chopped)
- 2 cups chopped cilantro
- 2 tablespoons lime or lemon juice
- 2 tablespoons olive oil
- 2 cloves garlic (minced)



Directions

1. Drain corn and beans and dump into a bowl.
2. Add pepper, onion and cilantro. Mix together.
3. Mix olive oil, garlic, and lemon or lime juice. Stir into salsa.
4. Serve with tortilla chips, crackers, or as a topping.

Quick Snack Ideas

- Steamed broccoli with melted cheese
- Black bean and corn salsa with tortilla chips
- Cottage cheese with fruit or tomato and avocado
- Banana or apple with peanut butter
- Deviled eggs or hard-boiled eggs
- Tomato with mozzarella cheese, basil, and balsamic vinaigrette
- Homemade trail mix (try nuts, dried fruit, goldfish crackers, cereal)

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Food and Nutrition Services:
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