

High Protein Food Sources

You need protein to help you heal and to maintain your muscle mass. High protein foods don't have to be high in calories. Try some of the foods on this list to increase your protein intake.

Meat and Meat Substitutes

- *Meat—lean pork, lean beef, fish, poultry (7 grams per 1 ounce)
- *Beans—including black beans, chickpeas-hummus, kidney beans, refried beans and pinto beans (7-9 grams per ½ cup cooked)
- Lentils (9 grams per ½ cup cooked)
- *Tofu (13 grams per 3 ounces)
- *Boca Burger (14 grams of protein per burger)

Eggs and Dairy

- *Eggs (6 grams per egg-the whites contain the protein)
- *Milk (8 grams for 1 cup—choose skim to keep the calories down)
- *Soy milk (8 grams for 1 cup)
- *Greek yogurt (15 grams per 6-ounce)
- Low-fat yogurt (6 grams per 4 ounces)
- Soft cheeses—mozzarella, Brie, Camembert (6 grams per ounce)
- *Medium cheeses—Cheddar, Swiss (7 or 8 grams per ounce)
- Hard cheeses—Parmesan (10 grams per ounce)
- *Cottage cheese (13 grams per ½ cup)

Nuts, Seeds, Grains

- *Nut butters including almond and peanut butter (8 grams for 2 tablespoons)
- Almonds (8 grams for ¼ cup)
- Peanuts (9 grams for ¼ cup)
- Cashews (5 grams for ¼ cup)
- Sunflower seeds (6 grams for ¼ cup)
- Pumpkin seeds (8 grams for ¼ cup)
- Flax seeds (8 grams for ¼ cup)
- *Quinoa (8 grams per 1 cup)
- *Kashi bar (8 grams per bar)

*Food options you can find at University Hospital

Who to Call

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#265