

# 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.*



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## 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 .....
- 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 cup .....450 mg
- Milk, 1 cup .....300 mg
- Cheese, 1 oz. ....205 mg
- Cottage cheese, 1 cup.....138 mg

## Other Foods High in Calcium

- Orange juice, fortified, 1 cup .....350 to 600 mg
- Tofu, firm, ½ cup.....100 to 320 mg
- Soy milk, 1 cup .....100 to 300 mg
- Collard greens, cooked, 1 cup .....266 mg
- Tahini (sesame seed paste), 2 tablespoons .....128 mg
- Mustard greens, cooked, 1 cup .....104 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  
Fat .....2 g  
Calcium.....400 mg

### Fruit and Yogurt Parfait

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

### Peanut Butter and Banana Shake

Calories..... 423  
Protein.....36 g  
Carbohydrates .....36 g  
Fat .....15 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  
Carbohydrates .....44 g  
Fat .....16 g  
Calcium.....425 mg

### Greek Pita Pocket

*One pita pocket:*

Calories..... 445  
Protein.....20 g  
Carbohydrates .....53 g  
Fat .....17 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:  
206.598.4163