

Increasing Protein Consumption Pregnancy Requirements; 65 grams daily

Calories	Food	Measure	Grams Protein
660	Whole Milk	1 quart	33
370	Skim Milk	1 quart	33
120	Yogurt	1 cup	8
350	Instant Milk	1 1/3 cups	35
75	Whole egg	1	6
35	Brewer's yeast	1 T	10
203	Peanut Butter	2 T	9
100	Cold cereal	4 oz. (1 serving)	2-3
220	Wheat germ	1/2 cup	24
100	Cooked cereal	4 oz. (1 serving)	5-7
100	Cottage Cheese	1/2 cup	20
135	American Cheese	1 slice	10-12
185	Poultry	3 oz	23
265	Turkey	3 1/2 oz	27
390	Beef	3 oz	16
230	Organ meats	3 1/2 oz	26
170	Fish	3 1/2 oz	28
130	Pasta/Rice	3/4 cup	5
116	Legumes	1/2 cup	6
450	Nuts	1/2 cup	10-13
280	Sunflower seeds	1/2 cups	12
152	Popcorn	2 cups	3

Suggestions for increasing protein in your diet:

1. Add powdered milk to fresh milk, or make instant milk double strength.
2. Add powdered milk and wheat germ to cooked cereal.
3. Add wheat germ or Brewer's yeast to cold cereal, pancakes, meat loaf, meat ball , enchiladas and baked goods.
4. Used chopped nuts or wheat germ as dessert toppings or mix with peanut butter.
5. Use yogurt in baking. Also, use yogurt in salads to replace mayonnaise.
6. Cottage cheese is one of the best sources of inexpensive protein. Use in place of sour cream.
7. Whenever possible, substitute ground turkey for ground beef.
8. Buy a good protein power and make a daily smoothie with yogurt, fresh or frozen fruit and wheat germ..Yummy!