

Protein & Hydration Considerations

(Issue 4- Variety)



Did you know there are simple and affordable ways to add protein to meals and snacks?.

Practical Protein Ideas

- **String cheese** is a great snack to replace chips and candy. It pairs nicely with low-fat microwave popcorn.
- Add black, kidney, pinto, cannellini, or any variety of **beans** to rice dishes, taco meat, soups, etc. You can also make hummus out of any variety of beans, not just garbanzo (chickpeas).
- Spread **hummus** on sandwiches instead of mayo.
- Add chopped or slivered, unsalted **almonds** to veggies.
- **Cottage cheese** is a great source of protein. Google “cottage cheese recipes” or look on the website for your favorite brand recipes.
- Sneak flavorless **protein powder** or powdered milk into salad dressing, oatmeal, mashed potatoes, baked goods, and more.
- **Hardboiled eggs** are great to add to salads, make a sandwich, eat plain, make deviled eggs, add on top of mashed avocado toast, and more.
- Try **Nutritional Yeast** also called "nooch". It has ~8 grams of protein per 2 TBSP and only 50 calories. The bright yellow flakes are inactive, which means they won't make bread rise. It doesn't need to be cooked; you can add it to your food straight from the container. It has a distinctive cheesy flavor, but it is dairy-free. Use it to top popcorn, salads, add to recipes...

Hydration Pairing Suggestions

- It is important to drink fluids when you eat protein foods to avoid dehydration and strain on the kidneys.