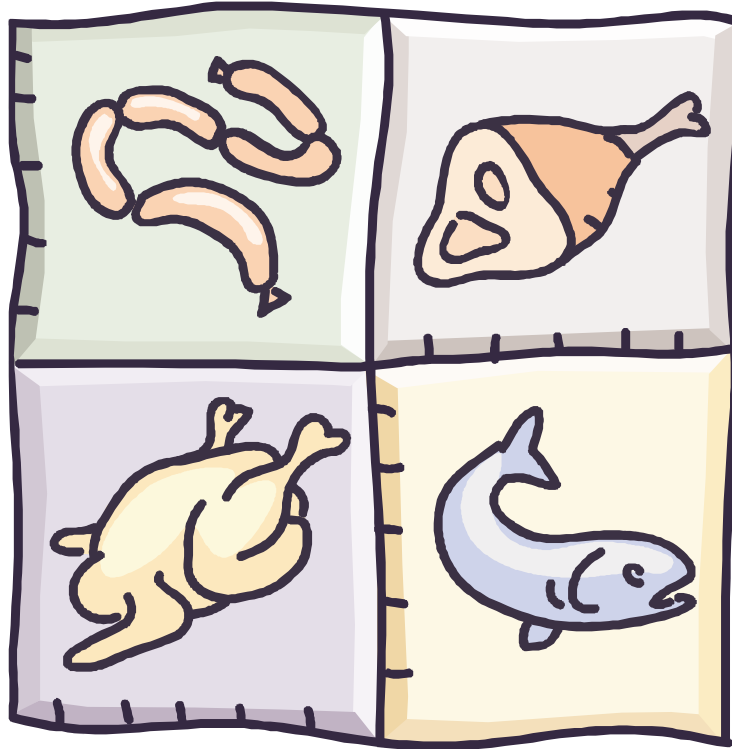


Increasing your protein intake...



isn't as hard as you think.

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## Boosting Your Protein Intake...

Protein. You've been hearing a lot about it and have probably been told that you need to eat more. Good sources of protein for people on dialysis are meat, seafood, poultry, fish, egg whites, and, in limited amounts, whole eggs and dairy products.

However, many people find that they simply cannot eat enough high protein foods to meet their daily needs. A protein powder can be very helpful in this situation.

Soy protein isolate is a highly concentrated high quality protein powder supplement that can be mixed into food and liquid or can be used in baking.

The following recipes use "Protein 90%," a brand name for protein isolate. Check with your dietitian to find out where this protein supplement can be purchased.

## Helpful Hints for High Protein Cooking



When using protein powder in baked goods you can usually add 1/3 cup of protein powder for every 1 cup of flour in the recipe. To prevent your baked goods from being too dry, you must also add an extra 2-3 tablespoons of liquid.

To avoid lumping of the protein powder, place it in a small bowl, add a small amount of the liquid, and stir to make a paste. Add the remaining liquid to the paste and stir again. Mixing in a blender will also help prevent clumping.

Egg whites have more protein and less phosphorus than whole eggs. They are a good choice for high protein cooking and baking. In general, two egg whites can replace one whole egg in a recipe. Egg substitute is also a good choice and is safe to use raw because it is pasteurized. Whole eggs or egg whites should never be used raw because they carry harmful bacteria.

You can save time and energy if you double the batch of your high protein recipes and freeze the extra portions to use at a later time.

Remember, high protein foods are also usually high in phosphorus, so as you try to increase your protein intake be sure to take your phosphorus binders as directed.

### High Protein Breads

All of the following recipes are designed for use with bread making machines. The recipes make a 1 pound loaf and will need to be adjusted if your machine makes a 1  $\frac{1}{2}$  or 2 pound loaf. Add the in the order below unless otherwise directed by the bread machine instructions.

#### White Bread (Bread Machine)

2/3 cup + 7 Tb water	$\frac{1}{4}$ tsp salt
2 $\frac{1}{2}$ Tb Canola oil	2 cups bread flour
2 egg whites	2/3 cup Protein 90% powder
2 Tb white sugar	1 $\frac{1}{2}$ tsp yeast

1 slice of bread (10 slices per loaf) provides 212 calories, 18.7 gm protein, 253 mg sodium, 74 mg potassium, 20 mg calcium, and 160 mg phosphorus.

#### Rye Bread (Bread Machine)

1 $\frac{1}{2}$ cups + 2 Tb water	1 cup rye flour
1 Tb Canola oil	1 $\frac{3}{4}$ cups bread flour
1 $\frac{1}{2}$ Tb white sugar	2/3 cup Protein 90% powder

$\frac{1}{4}$  tsp salt

$1 \frac{1}{2}$  tsp yeast

2 tsp caraway seeds

1 slice bread (10 slices per loaf) provides 213 calories, 18.6 grams protein, 243 mg sodium, 101 mg potassium, 25 mg calcium, and 179 mg phosphorus.

### Wheat Bread (Bread Machine)

$1 \frac{1}{2}$  cups + 1 Tb water

2 cups bread flour

$\frac{1}{4}$  cup Canola oil

1 cup whole wheat flour

2 Tb white sugar

$\frac{2}{3}$  cup Protein 90% powder

$\frac{1}{4}$  tsp salt

$1 \frac{1}{2}$  tsp yeast

1 slice of bread (10 slices per loaf) provides 267 calories, 19.6 grams protein, 243 mg sodium, 113 mg potassium, 24 mg calcium, and 200 mg phosphorus.

**Note:** If you do not have a bread machine, check your local thrift shop. Many have like new bread machines for a small fraction of the original price.

### Corn Bread (Conventional Oven)

1 cup cornmeal

$\frac{1}{3}$  cup Canola oil

1 cup flour

1 cup + 3 Tb milk

2 Tb white sugar

2 egg whites

1 Tb baking powder

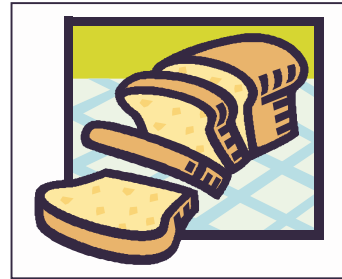
$\frac{2}{3}$  cup Protein 90% powder

Combine dry ingredients in a bowl and mix well. Beat together egg whites, milk, and oil. Add the milk mixture to the dry ingredients and stir until just blended. Pour into a greased, 8 inch square pan. Bake at 400° for 25 minutes or until done. Makes 12 servings.

1 serving provides 216 calories, 15 grams protein, 256 mg sodium, 94 mg potassium, 103 mg calcium, and 236 mg phosphorus.

**Other ideas using high protein breads:**

**Garlic Bread** - mix chopped garlic with margarine and spread on sliced high protein white bread. Sprinkle Protein 90% powder on top and broil until golden brown.



**Stuffing** - Use high protein bread in your favorite stuffing recipe. Use egg substitute for an additional protein boost.

**Croutons** - Cut stale high protein bread into cubes and place on a cookie sheet. Sprinkle with garlic powder and favorite herbs. Bake at 200° until golden brown and crispy. (About 2 hours).

**Cinnamon Toast** - Mix equal amounts of Protein 90% powder and margarine. Spread margarine mix on toasted high protein bread. Sprinkle with cinnamon and sugar.

**Individual Pizza Rounds** - Make high protein white bread using the dough cycle of the machine. Remove the dough when the machine indicates and form into large rolls. Bake and cut horizontally into halves. Add your favorite pizza toppings (small amounts of pizza sauce, green pepper, onion, cooked hamburger, pineapple, and cheese) on the roll halves and bake in a 425° oven for 10 minutes.

**Bread Pudding** - Use high protein bread in your favorite bread pudding recipe and use egg substitute.

**French Toast** - Use high protein bread and egg substitute to make your favorite French toast.

**Coating Mix for Fish or Chicken** - dry any high protein bread and make bread crumbs by crushing or in a blender. Add favorite spices. Dip chicken or fish in egg substitute and then into the bread crumbs. Cook as desired.



**Meatloaf or Meatballs** - Use any high protein bread to make bread crumbs as described above for use in your favorite meatloaf or meatball recipe.

## **Other High Protein Recipes:**

## Stir and Drop Oatmeal Cookies

2 cups flour  
1 box brown sugar  
 $\frac{1}{2}$  cup raisins  
1 tsp each cinnamon/ginger  
 $\frac{2}{3}$  cup Protein 90% powder  
4 egg whites or 1 "2-egg" carton of egg substitute  
2 cups oats  
2 tsp baking soda  
5 Tb milk  
 $\frac{1}{2}$  cup Canola oil

Mix dry ingredients in a large bowl. Stir in oil, milk, and egg whites. Add raisins, blend well. Drop by teaspoon on a greased cookie sheet about 1 inch apart. Bake at 375° for about 10 minutes. Makes 4 dozen cookies.

1 cookie provides 123 calories, 5 grams of protein, 80 mg of sodium, 88 mg potassium, 20 mg calcium, 74 mg phosphorus.

## Jamie's Julius

1 cup Tang (prepared)  
 $\frac{1}{4}$  tsp white sugar  
2 Tb vanilla frozen yogurt  
 $\frac{1}{4}$  egg substitute  
2 Tb 90% protein powder



Mix all ingredients together in a blender for 1 serving.

Contains 375 calories, 34 grams protein, 507 mg sodium, 288 mg potassium, 172 mg calcium, and 372 mg phosphorus.

## Butter Cookies

1 cup butter or margarine	3 cups flour
$\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ tsp baking powder
2 egg whites, beaten	$\frac{1}{2}$ cup 90% protein powder
1 Tb vanilla	3 Tb water

Cream butter and sugar. Add egg white and vanilla. Mix dry ingredients and blend them into the creamed butter mixture, adding water as needed. Refrigerate for 1-2 hours. Roll to  $\frac{1}{4}$  inch thick, cut out desired shapes, and bake at 425° for 8-10 minutes. Makes 48 cookies.

1 cookie provides 82 calories, 3.2 grams protein, 86 mg sodium, 16 mg potassium, 7 mg calcium, and 32 mg phosphorus.

## Vanilla Pudding

1 package regular vanilla pudding  
2  $\frac{1}{3}$  cups milk  
3 Tb protein 90% powder



Mix dry ingredients in a microwave safe bowl. Add milk and microwave on high for 6 minutes. Makes 4 servings.

1 serving provides 216 calories, 15 gram protein, 340 mg sodium, 232 mg potassium, 183 mg calcium, and 219 mg phosphorus.

## Pancakes

1 egg	1 Tb white sugar
1 cup + 1 Tb milk	1 Tb baking powder
2 Tb Canola oil	1/3 cup Protein 90% powder
1 cup flour	

In a mixing bowl, blend together egg, milk, and oil. In a separate bowl, mix together all dry ingredients. Add dry mix to the liquids and beat until the flour is moistened. Spoon batter onto a hot, oiled frying pan or griddle. Turn pancakes as soon as they are puffed and full of bubbles, but before the bubbles burst. Brown the other side and serve. Makes 10 4-inch pancakes.

1 pancake provides 133 calories, 10 grams protein, 200 mg sodium, 71 mg potassium, 97 mg calcium, 121 mg phosphorus.