

How to Increase the Amount of Protein in Your Diet

It is important you increase the amount of protein in your diet during your cancer treatments.

This can help:

- Stop you from losing weight
- Improve your strength and energy level
- Decrease your risk of getting an infection
- Your body recover from cancer treatment

How much protein do you need?

Your weight: _____ kg x 1.2 to 1.5 g protein/kg = _____ g protein/day.

How to increase the amount of protein in your diet

- Eat small, frequent meals and snacks even when you do not feel hungry.
- Eat a protein food at every meal and snack.
- Eat your largest meal when you are hungry.
- Exercise can help improve your appetite.
- Sip on fluids throughout the day.

Protein is found in many foods. This includes:

- Meat, fish, poultry
- Milk, yogurt, kefir, pudding
- Eggs, beans and lentils
- Nuts and nut butters
- Soy products and whole grains

See the chart on the back of this page for a list of high protein food choices. Ask to talk to a registered dietitian in the cancer centre if you have questions or concerns about any of the information in this handout.

Food Choices High in Protein

Food	Portion size	Amount of protein (g)
Meat, Poultry, Eggs, Seafood		
Beef, chicken, turkey, pork, lamb	75 g (2 ½ oz)	21 to 28
Ground chicken, turkey, beef	75 g (2 ½ oz)	17 to 21
Deli meats	60 g or 2 slices	10
Fish and shellfish	75 g (2 ½ oz)	15 to 20
Eggs/egg whites	2 large	12
Egg whites	2 whites or 75 ml/¼ cup	7
Canned tuna, salmon, sardines	75 g (2 ½ oz)	17 to 22
Legumes, Nuts, Seeds		
Tofu	130 g (1/2 cup)	10
Tempeh	100 g (1/3 cup)	18
Fortified soy beverage	250 ml (1 cup)	8
Edamame	125 ml (½ cup)	12
Lentils	125 ml (½ cup)	9
Chickpeas	125 ml (½ cup)	6
Kidney, black, pinto beans	125 ml (½ cup)	6 to 8
Peanut butter/Almond butter	30 ml (2 tablespoons)	7 to 8
Flax seed/wheat germ	30ml (2 tablespoons)	3
Nuts or seeds	60 ml (1/4 cup)	5 to 9
Hemp/chia seeds	30ml (2 tablespoons)	7
Grains		
Quinoa	125 ml (½ cup)	4
Pasta or brown rice	125 ml (½ cup)	3 to 4
Whole grain bread	2 slices	5 to 10
Wheat germ	30 ml (2 tablespoons)	3
Granola	125 ml (1/2 cup)	4 to 6
Dairy Products		
Greek yogurt	100ml (1/3 cup)	8
Regular yogurt	175 ml (3/4 cup)	5
Cow's milk, buttermilk, kefir	250 ml (1 cup)	8-9
Ultra-filtered high protein milk	250ml (1 cup)	14-18
Cottage cheese	125 ml (1/2 cup)	12
Hard Cheese	60 g (2 oz)	14
Feta cheese	60 g (2 oz)	8
Other Products		
Whey protein powder	30 gram (1 scoop)	17 to 30
Instant breakfast with milk	250 ml (1 cup)	16
Instant pudding with milk	125 ml (1/2 cup)	4
Smoothie or nutritional supplement	250ml (1 cup)	10 to 20
Green peas	125ml (1/2 cup)	4

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