Protein-Rich Foods
“We vary, you vary, we all vary our protein”

Protein is important to keep our bodies working well and for us to continue to do our basic activities of daily living. We should eat a variety of protein-rich foods. Here are some ideas.

Animal Proteins
- Choose lean red meats
- Remove skin from poultry
- Choose fish and seafood more often
- Eggs, egg whites, and egg substitutes
- Choose low-fat and fat-free milk products

Plant Proteins
- Dry beans, peas; soybean products
- Nuts—almonds, peanuts
- Seeds—sesame, pumpkin, sunflower

Suggestions
- Use legumes as main dish or part of meal: chili with beans, stir-fried tofu, bean soup, baked beans, beans and rice, beans on chef’s salad, veggie burgers, hummus (chickpeas) spread on pita bread.
- Add toasted nuts to steamed veggies or salads.
- Dry roasted, unsalted nuts and seeds are good snacks.

* Please check with your doctor or health care professional before making dietary changes.

Peanut Butter Log

Ingredients: Makes 10 pieces
- ¼ cup plain cornflake cereal
- ⅓ cup nonfat powdered milk
- 1 tablespoon pancake syrup
- 6 tablespoons peanut butter
- Waxed paper
- Optional: ½ teaspoon vanilla extract
- 2 tablespoons raisins

Directions:
1. In medium bowl, MIX cereal, powdered milk, and pancake syrup.
2. ADD peanut butter to the cereal mixture.
4. MIX well.
5. Place mixture on waxed paper 13” X 15” long.
6. ROLL into log with waxed paper and refrigerate.
7. When ready to serve, SLICE into 2 inch pieces.

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