Consuming enough protein helps to maintain your muscle mass and physical capacity. If you don't eat enough protein, the tips below can help to boost your protein intake.

### How to eat more Protein

**Fill a quarter of your plate at each meal and snack with a source of protein:**

1. Add a boiled egg to your morning toast
2. Try baked beans for lunch instead of a salad sandwich
3. Add yoghurt to your after-dinner fruit
4. Eat your protein foods first
5. Use peanut butter as a spread on your toast instead of jam
6. Add skim milk powder to milk, yoghurt and cereals
7. Have two slices of cheese instead of one
8. Add cheese to your mashed potatoes
9. Increase portion sizes
10. Drink a smoothie with yoghurt and milk
11. Add sliced meats to your sandwiches
12. Add cooked meat to vegetable soups
13. Sprinkle cheese over savoury meals
14. Add a multi-nutritional oral supplement as part of your diet

### Protein-packed sample meal plan:

- **BREAKFAST** - 2 slices toast topped with 2 hard-boiled eggs = 20g protein
- **SNACK** - Banana smoothie made with 1 banana, 1 cup regular milk and 1 tbs skim milk powder = 20g protein
- **LUNCH** - 100g roast chicken (a piece of meat about the size of your palm), 1 cup mashed potato made with milk and cheese, mixed vegetables = 35g protein
- **SNACK** - Handful of nuts = 5g protein
- **SUPPER** - 1 scoop vanilla ice cream and fruit = 4g protein
- **DINNER** - Toasted ham and cheese sandwich = 21g protein

**Day Total = 105g protein**