



# Protein Tips for Older Adults as Recommended by RDNs

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- Add PB to oatmeal, shakes, smoothies. If dentition allows, on toast and bananas.
- Prepare oatmeal with whole milk or add NFDM.
- Snack ideas: serve cheese rolled up in thinly sliced meat, PB or cheese and crackers, hard boiled eggs.
- Add yogurt to hot cereal, desserts, and other recipes.
- Add beans, cheese, eggs to salads and soups.
- Make smoothies with yogurt, ice cream, fortified whole milk.
- Loaded mashed potatoes – add whole milk, yogurt, protein powder, shredded cheddar cheese.
- High protein milk – reconstitute NFDM with milk. Use this to make cream soups, puddings, etc.
- Homemade Mac `n Cheese with milk and cheddar cheese.
- Cottage cheese with fruit (warmed cinnamon peaches, pears, or apples, frozen blueberries)
- Make pancakes using eggs and ricotta or cottage cheese.