

# Safe Eggs & Healthy Eating with Diabetes

If you have diabetes, you know that taking care of yourself includes attention to healthy exercise, healthy weight, and healthy eating.

Safe eggs are a perfect complement to a healthy meal plan. Here's why:

- Eating eggs in the morning helps keep blood sugar and insulin levels under control all day long. Why not try an egg or two for breakfast?
- If you have Type 2 diabetes and need to manage your weight, eating eggs in the morning can help you reduce your calorie intake for the whole day.
- Eggs are packed with nutrition. At only 70 calories, an egg gives you plenty of high-quality protein, vitamins, and minerals...not to mention healthful omega-3 and omega-6 fatty acids.

**Diabetes can put you at higher risk for foodborne illness.** And did you know? Raw or undercooked eggs cause 4 out of 5 Salmonella enteritidis illnesses. Unlike other eggs, Safest Choice™ eggs eliminate the risk of Salmonella. That's because they're pasteurized in an all-natural warm water bath using a unique, patented process. Safest Choice™ are a safe way to enjoy eggs—even raw or undercooked—like sunny-side up, or in salad dressings, smoothies, or eggnog.

**Wondering about cholesterol?** There's good news about cholesterol in eggs. They're lower in cholesterol than previously thought—and higher in vitamin D. Experts at Harvard Medical School say this about eggs and heart disease: "The only large study to look at the impact of egg consumption on heart disease—not on cholesterol levels or other intermediaries—found no connection between the two."

## Healthy Tips

- Enjoy an egg or two as part of your healthy breakfast.
- Include vegetables in your favorite egg recipes. (See the broccoli-carrot frittata and the Florentine egg salad recipes as examples.) This rounds out the nutrition with fiber, and even more vitamins and minerals. It's very satisfying, too.
- Choose lowfat or nonfat add-ins to your favorite recipes. This boosts the protein and calcium without adding too much fat or calories.
- Short on time? Try a hard-boiled egg on the run.
- Choose pasteurized eggs to reduce your risk of foodborne illness. Look for the circle P!



For more information and to find a store near you, visit [SafeEggs.com](http://SafeEggs.com)



Follow us! [Mention@SafeEggs](https://twitter.com/Mention@SafeEggs)



Like us! [www.facebook.com/SafeEggs](https://www.facebook.com/SafeEggs)



Watch how-to videos! [www.youtube.com/SafeEggs](https://www.youtube.com/SafeEggs)



Get an inside look! <http://blog.safeeggs.com>



# Safest Choice™ Healthy Eating with Diabetes: Recipes

## Broccoli-Carrot Frittata

High in vitamins, and easy to prepare!  
Why not enjoy eggs as an economical dinner option?



Makes 6 servings Serving size: 1 wedge



### Ingredients

- Cooking spray
- 1½ cups chopped broccoli or 1 package (10 oz.) frozen chopped broccoli
- ½ cup diced carrot (about 1 medium)
- ¼ cup water
- 8 Safest Choice™ pasteurized eggs
- ¾ cup (3 oz.) shredded reduced-fat Cheddar cheese
- ½ cup skim milk
- 1 Tbsp instant minced onion
- 2 tsp prepared mustard
- ⅛ tsp pepper

### Preparation

1. Evenly coat 10-inch omelet pan or skillet with ovenproof handle with spray. Add broccoli, carrot, and water. Cover and cook over medium-high heat until carrot is crisp-tender, about 5 to 10 minutes. (Uncover and stir occasionally, if necessary, to break apart frozen broccoli.) Drain well. Return vegetables to pan. Set aside.

2. In large bowl, beat together eggs, cheese, milk, onion, mustard, and pepper until well blended. Pour over reserved vegetables. Cover and cook over medium heat until eggs are almost set, about 8 to 10 minutes.

3. Uncover and broil about 6 inches from heat until eggs are completely set in center, about 2 to 3 minutes or let stand, covered, until eggs are completely set in center, about 8 to 10 minutes. Cut into wedges and serve.

Visit [SafeEggs.com](http://SafeEggs.com) for more recipes.

### Nutrition Facts

Serving Size (162g)  
Servings Per Container

Amount Per Serving

Calories 150 Calories from Fat 70

% Daily Value\*

Total Fat 8g 12%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 250mg 83%

Sodium 230mg 10%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 8%

Sugars 3g

Protein 14g

Vitamin A 45% • Vitamin C 35%

Calcium 15% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Healthy Egg Salad Florentine

Adding spinach is a healthy twist for this favorite. It's high in fiber and packed with nutrition! You'll love the convenience factor of Safest Choice™ Hard-Boiled eggs—cooked, peeled, and ready to use.



Servings: 3



### Ingredients

- 6 Safest Choice™ hard-boiled eggs
- 6 oz spinach (chopped)
- 1 small yellow onion (diced)
- 1 clove garlic, minced
- 1 oz Parmesan cheese (shredded)
- 1½ tsp. Dijon mustard
- 3/8 cup mayonnaise (fat-free)
- Salt, pepper to taste
- 6 slices multigrain bread

### Preparation

1. Bring 1 inch of water to a boil in a pot with a steamer basket for spinach.
2. Dice the eggs. Place in a medium size bowl and set aside.
3. Steam spinach in the steamer basket just long enough to wilt it. Drain and press dry with clean paper towels.
4. Combine the eggs, spinach, onions, garlic, and Parmesan cheese.
5. Fold in the mustard and mayonnaise. Season with salt & pepper to taste (optional).
6. Assemble sandwich. Serve with fresh fruit on the side.

Visit [SafeEggs.com](https://www.SafeEggs.com) for more recipes.

Nutrition Facts			
Serving Size (279g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 390	Calories from Fat 140		
% Daily Value*			
<b>Total Fat</b> 16g			<b>25%</b>
Saturated Fat 4g			<b>20%</b>
Trans Fat 0g			
<b>Cholesterol</b> 370mg			<b>123%</b>
<b>Sodium</b> 910mg			<b>38%</b>
<b>Total Carbohydrate</b> 46g			<b>15%</b>
Dietary Fiber 10g			<b>40%</b>
Sugars 8g			
<b>Protein</b> 25g			
Vitamin A 40%		Vitamin C 15%	
Calcium 15%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

## Egg Drop Soup

It's Asian appeal and a filling pleaser for any appetite... and easy to make!



Makes 4 servings Serving size: 1 ½ cups



### Ingredients

- 6 cups reduced-sodium, fat free chicken broth
- 1 tsp reduced-sodium soy sauce
- 2 Safest Choice™ pasteurized eggs
- 1/2 cup raw spinach, cleaned and thinly sliced
- 1 green onion, thinly sliced
- White pepper to taste

### Preparation

1. In large saucepan or Dutch oven, bring broth and soy sauce to boil; reduce heat to simmer.
2. In a small bowl, lightly beat eggs, then pour eggs in slow steady stream into simmering broth while stirring constantly with spoon (stir in same direction).
3. Add spinach, green onion, and white pepper, to taste. Heat through.

### Nutrition Facts

Serving Size (399g)  
Servings Per Container

Amount Per Serving

**Calories 60**    **Calories from Fat 20**

**% Daily Value\***

**Total Fat 2.5g**    **4%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 95mg**    **32%**

**Sodium 190mg**    **8%**

**Total Carbohydrate 3g**    **1%**

Dietary Fiber 0g    **0%**

Sugars 0g

**Protein 6g**

Vitamin A 4%    •    Vitamin C 2%

Calcium 2%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Visit [SafeEggs.com](https://www.SafeEggs.com) for more recipes.

## Fried Rice

Healthful vegetables and the wholesome nutrition of fresh eggs make this classic a winner.



Makes 4 servings



### Ingredients

- 3 Safest Choice™ pasteurized eggs
- 1 Tbsp olive oil
- 1 Tbsp sesame oil
- 1/2 cup shredded carrots
- 1/4 cup bok choy strips (1/4-inch strips)
- 1/4 cup diced celery
- 3 cups cooked white rice (cooked without added fat or salt)
- 2 - 3 Tbsp reduced-sodium soy sauce
- 1 pinch white pepper

### Preparation

1. In a small bowl, beat eggs until combined; set aside.
2. In a large nonstick skillet, heat olive oil and sesame oil over medium-high heat until hot. Add celery, bok choy and carrots; cook 1 to 2 minutes until crisp-tender, stirring frequently. Remove vegetables from skillet.
3. Pour egg mixture into skillet. Just as eggs begin to set on bottom and sides, pull spatula across skillet to gently fold cooked and uncooked portions together. Continue just until eggs are cooked through.
4. Add rice, soy sauce and pepper to eggs. Return vegetables to skillet. Toss to combine all ingredients well and heat through.

Visit [SafeEggs.com](https://www.SafeEggs.com) for more recipes.

Nutrition Facts	
Serving Size (202g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 280	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 140mg	<b>47%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 9g	
Vitamin A 60%	Vitamin C 6%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Safest Choice™ Sugar-Free Egnog

Who says festive has to be fattening?

This high-protein low-fat treat will satisfy you any time of the year.



Makes 5 servings    Serving size: ¾ cup



### Ingredients

- 6 Safest Choice™ pasteurized eggs
- 1/2 cup powdered Splenda®
- 2 cups skim milk
- 2 Tbsp vanilla
- 1 tsp rum extract (optional)
- Nutmeg or cinnamon for garnish

### Preparation

1. Break eggs into large bowl. Beat eggs until light in color. Mix in Splenda® and vanilla. Add skim milk. Blend with egg mixture for 30 seconds.
2. Cover eggnog closely and let ripen in the refrigerator for 24 hours.
3. Stir again and serve sprinkled with freshly grated nutmeg or cinnamon.

### Nutrition Facts

Serving Size (166g)  
Servings Per Container

Amount Per Serving

**Calories 140**    Calories from Fat 50

% Daily Value\*

**Total Fat 6g**    **9%**

Saturated Fat 2g    **10%**

Trans Fat 0g

**Cholesterol 225mg**    **75%**

**Sodium 115mg**    **5%**

**Total Carbohydrate 8g**    **3%**

Dietary Fiber 0g    **0%**

Sugars 6g

**Protein 11g**

Vitamin A 4%    • Vitamin C 0%

Calcium 15%    • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Visit [SafeEggs.com](http://SafeEggs.com) for more recipes.