HEALTHY EATING WITH DIABETES

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

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 fatty acids.**

**HEALTHY TIPS**

- Enjoy an egg or two as a part of your healthy breakfast
- Include vegetables at every meal. This rounds out each meal with fiber along with vitamins and minerals.
- Short on time? Find 2-3 quick recipes that can be made in less than 10 minutes for a quick breakfast or a snack on the run.
- Try to enjoy a nutrient dense “super food” every day. Leafy greens and dark berries are great additions to any meal and are full of antioxidants and fiber.
- Choose pasteurized eggs to reduce your risk of foodborne illness, especially when eating raw or undercooked eggs.

**Did you know?** According to the FDA (Food Safety for People with Diabetes, www.fda.gov), diabetes makes people susceptible to infection, including foodborne illness. Raw or undercooked eggs cause 4 out of 5 Salmonella enteritidis illnesses. Unlike other eggs, Davidson’s™ eggs eliminate the risk of Salmonella. That’s because they’re pasteurized in an all-natural warm water bath. Davidson’s™ gives you 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. 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.” Additionally, the 2015-2020 Dietary Guidelines for Americans remove cholesterol from the “nutrients of concern” list and place no recommended daily limit on dietary cholesterol. (Visit SafeEggs.com to learn more.)

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Egg, Spinach, & Sweet Pepper Mini Frittatas

Spinach is the perfect super food to add to almost any egg dish. These little guys can be wrapped individually and stored in the freezer. Take one out every night, let defrost in the refrigerator, and pop in the microwave for a quick breakfast.

Ingredients
6 Davidson’s Safest Choice® pasteurized eggs, ¾ c low fat 1% milk, 1 lemon zested, ¼ tsp kosher salt ⅛ tsp black pepper, 1 c fresh spinach loosely measured, chopped into small pieces, ½ red bell pepper, cut into small dice, ¼ c Parmesan cheese, grated - about ¼ ounce

Preparation
Preheat your oven to 325°F and adjust rack to the middle of the oven. Lightly oil or spray a 6 serving muffin/cupcake pan. In a medium bowl, combine the eggs, milk, zest, and salt & pepper – whisk to combine. Evenly distribute the spinach and red pepper into the 6 muffin tins and then carefully pour the egg mixture over the top of the vegetables. Fill each one to the top and then sprinkle with cheese. Place into the preheated oven and bake for 20 minutes. Cool and then invert the pan to release.

Nutrition Facts
Calories 110, Total Fat 7g, Saturated Fat 3g, Cholesterol 195mg, Sodium 310mg, Carbs 3g, Dietary Fiber 0g, Protein 9g

Avocado Egg Toast

This quick breakfast can be ready in 5 minutes. Try this recipe on sprouted grain bread for an extra boost of B vitamins and antioxidants.

Ingredients
½ avocado, 1 tsp lemon juice, 2 slices whole grain bread, 2 poached Davidson’s Safest Choice® pasteurized eggs, 1 Tbsp fresh cilantro (optional), salt and pepper to taste

Preparation
Mash avocado with lemon juice and fresh herbs. Spread mixture over toasted bread and top with eggs.

Nutrition Facts
Calories 250, Total Fat 13g, Saturated Fat 2.5g, Cholesterol 185mg, Sodium 190mg, Carbs 24g, Dietary Fiber 6g, Protein 12g

Promote health and wellness with this simple nutritional choice: Davidson’s Safest Choice® pasteurized eggs. They’re the perfect food for protein, iron, vitamins A, D, and E, choline, and antioxidants. Discover the special benefits for every stage of life. And, enjoy the food-safe peace of mind you get from pasteurized eggs. Use them any way you’d like!

Visit SafeEggs.com