

# Eggs: Nutrition & Wellness Backgrounder

## Healthy Snacks

Snacking sometimes gets a bad rap, but the truth is that eating small, frequent meals is better for your health than fasting most of the day and overeating at night. And, it keeps you energized. "Snacks can boost your energy between meals and supply essential vitamins and minerals," advises the American Dietetic Association. Plus, they say, "Children who eat balanced snacks pay attention longer in class, make fewer mistakes on tests, and generally have fewer behavioral problems."

For a healthy snack, consider a fruit smoothie made with safe eggs and fruit, or a hard-boiled egg on the run. Protein plus iron, calcium, vitamins B12, D, E, riboflavin, folic acid, and essential fatty acids. What could be better?



## Healthy Weight

Nutrition research shows that including eggs in your breakfast can help you feel full—and actually help you reduce your calorie intake for the whole day. Eating eggs at breakfast reduces ghrelin, a hormone that contributes to hunger, so you feel satisfied and eat less as the day goes on. High-quality protein at breakfast (as compared with mostly carbohydrate) is great for a healthy weight! Did you know? Eggs have just 70 calories each.

## Eye Health

Eggs provide one of the best sources of antioxidants that can help prevent age-related eye conditions like cataracts and macular degeneration.

Lutein and zeaxanthin, antioxidants in food, are one way to protect vision through smart eating choices.

These powerful antioxidants, while plentiful in dark green vegetables, are most available to the body from eggs. The American Optometric Association says, "Nutrition is one promising means of protecting the eyes from these diseases." So, enjoy your eggs!





### Muscle Health

Building muscle? You may need to boost protein intake to 1.4 to 1.8 grams per kilogram of body weight per day (or 15 percent to 20 percent of your daily calories), says the American Dietetic Association. They also say, "Protein helps build and repair muscle tissue. Adequate protein before exercise may help reduce post-exercise muscle soreness."

### Heart Health

There's good news about cholesterol in eggs. The USDA recently announced that eggs are lower in cholesterol than we thought—186 mg per egg. But cholesterol in your diet doesn't tell the whole story. It's more about total fat and saturated fat, as well as individual metabolism. For most people, about one-quarter of blood cholesterol comes from diet; the rest is made by the body.

According to Harvard Medical School, "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." And the American Heart Association has dropped a specific recommendation on the number of egg yolks to eat in a week. As part of a heart-healthy eating plan, eggs—low in total fat and saturated fat, and trans-fat free—deliver great nutrition!

### Diabetes Wellness

For the 23 million Americans with diabetes, taking care of diabetes involves healthy exercise, healthy weight, and healthy eating.

And eggs are a perfect complement to a healthy meal plan. Nutrition researchers have discovered that eating eggs in the morning helps keep blood sugar and insulin levels under control all day long. For those who take medicines for diabetes, eating regularly is also important to prevent low blood sugar (hypoglycemia). When clients pay attention to portion sizes and choose nutrient-dense snacks, they're taking great steps for their health.

### Healthy Pregnancy

A growing fetus demands nutrition for healthy development. Choline in eggs can support a developing nervous system and brain. Two eggs provide more than half the recommended daily choline intake for anyone who is pregnant or breastfeeding.

Eggs offer other nutrients, too: protein, needed in higher amounts during pregnancy; and folate, a vitamin that supports healthy nervous system growth and helps prevent birth defects. Don't forget iron, highly available from egg yolks, which helps prevent a common nutrient deficiency among moms—anemia.





### Healthy Brain

Keeping your mind sharp is easier with good nutrition. Healthy weight, a healthy heart, and overall fitness support a healthy brain. And so does attention to specific nutrients, including protein, omega 3 fatty acids, and choline.

The Alzheimer's Association points out, "Vitamins, such as vitamin E, or vitamins E and C together, vitamin B12, and folate may be important in lowering your risk of developing Alzheimer's." Healthy nutrients come from healthy foods. Choose wisely, and remember that regular eating (like breakfast!) helps people of all ages maintain energy and concentration throughout the day.

### Food Safety

Food safety can be an important part of everyone's health routine. Every year, 1 in 6 Americans gets foodborne illness. More than 1 million Americans get sick from Salmonella in food. Especially at certain stages of life, avoiding foodborne illness can be challenging. Anyone who is pregnant or in the golden years of life is at greater risk for getting sick. The same is true for small children.

Did you know that 4 out of 5 Salmonella enteritidis foodborne illnesses come from raw or undercooked eggs? Safest Choice™ Eggs are pasteurized to eliminate the risk of Salmonella

### Egg Nutrition

|                     |      |                     |        |             |          |            |         |
|---------------------|------|---------------------|--------|-------------|----------|------------|---------|
| Calories            | 70   | Omega 3 fatty acids | 37mg   | Vitamin A   | 270mg    | Thiamin    | 0.02 mg |
| Protein             | 6g   | Omega 6 fatty acids | 700mg  | Vitamin D   | 41 IU    | Riboflavin | 0.3 mg  |
| Total Fat           | 4.5g | Trans Fat           | 0g     | Vitamin E   | 0.5 mg   | Calcium    | 28 mg   |
| Saturated Fat       | 1.5g | Cholesterol         | 186mg  | Vitamin B6  | 0.09 mg  | Iron       | 0.88 mg |
| Monounsaturated Fat | 1.8g | Choline             | 126 mg | Vitamin B12 | 0.45 mcg | Zinc       | 0.65 mg |
| Polyunsaturated Fat | 1g   | Carbohydrate        | 0g     | Folate      | 24 mcg   | Lutein     | 145mcg  |



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