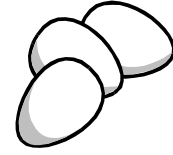


Eggs-traordinary!



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You love eggs and want them to be part of your diet. That's fine! Eggs can fit into a healthy, well-balanced eating plan. A large egg contains 4.5 grams of fat (1.5 grams of saturated fat), 213 milligrams of cholesterol, and 70 calories. Eggs are an inexpensive source of high quality protein and contain 13 essential vitamins and minerals. They are also a rich source lutein, zeaxanthin and choline. These nutrients aid in health promotion and disease prevention.

“But what about my cholesterol?” The American Heart Association recommends that healthy American adults limit cholesterol to less than 300 milligrams per day. For Americans with heart disease or diabetes, it is recommended to limit cholesterol to less than 200 milligrams per day.

To stay within these guidelines, nutrition experts recommend eating no more than 2 egg yolks per week. Why? The yolk is the portion of the egg that contains all of the dietary fat and cholesterol. The egg whites are high in protein and are fat and cholesterol free. Fat and cholesterol free egg substitutes are also available. $\frac{1}{4}$ cup of egg substitute is equivalent to 1 egg.

HERE ARE SOME IMPORTANT EGG TIPS

- ♥ Use only properly refrigerated, clean, and sound shelled (a.k.a. unbroken) grade AA or A eggs.
- ♥ Always refrigerate eggs at home.
- ♥ Store eggs in the carton to ensure freshness.
- ♥ Want to lower the cholesterol in your favorite recipe? When a recipe calls for 1 egg, substitute 2 egg whites or $\frac{1}{4}$ cup egg substitute.
- ♥ Poach or hard cook eggs instead of frying to cut back on fat, or use non-stick pans or non-stick vegetable pan spray to reduce fat when preparing eggs.
- ♥ Prepare and serve eggs with low fat foods such as vegetables, fruits, and whole grain breads or cereals.

Taken from the American Heart Association and The American Egg Board

