

Healthy Bite

The Incredible! Egg

Eggs are all-natural and packed with a number of nutrients.

One egg has 13 essential vitamins and minerals, high-quality protein, unsaturated fats and antioxidants, all for only 70 calories!

Eggs' nutrients help you with weight management, muscle strength, brain function and having a healthy pregnancy. Particularly important for aiding healthy brain function and pregnancy is choline (pronounced KOH-leen), which is amply present in eggs.

The nutrition facts: 1 egg contains 70 calories, 6 g protein, 5 g fat, 185 mg cholesterol; eggs are also good sources of Vitamins A, D, E B6, B12, folate, thiamin, riboflavin, calcium, sodium, potassium, phosphorus, magnesium, iron and zinc.

Resources: Egg Nutrition Center @ www.eggnutritioncenter.org
The Egg Nutrition Center (ENC) is overseen by the United States Department of Agriculture (USDA).



At around \$0.14 each, eggs are an affordable source of high-quality protein

Q: Are eggs bad for my health?

People were concerned to find out eggs are high in cholesterol and we used to believe that cholesterol from food went straight into the blood and raised cholesterol levels. We now know that cholesterol is raised by eating fat (such as saturated and trans fat) in the diet.

Q: How many eggs can I eat in a day?

A: 40 years of research has shown that consumption of one egg per day is fine for most healthy adults and does not significantly impact the risk of heart disease.

Q: How do I keep my eggs safe?

A: Make sure eggs are not cracked or broken when you buy them; store eggs in the refrigerator in their original container; wash hands after handling raw eggs; cook eggs thoroughly before eating them; and consume eggs within 3 weeks of bringing home from the store.

What are some benefits of eating eggs?

- ✓ Eggs are a source of high-quality protein—the **highest quality protein available in a food**.
- ✓ Eggs yolks contain lutein and zeaxanthin, which contribute to eye health.

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Recipe

Breakfast Boost: Eating high-quality protein foods for breakfast, like eggs, can help you and your family feel more energized and satisfied throughout the day!

Coffee Cup Scramble

Prep time: 1 minute Cook time: 45 to 60 seconds

Makes: 1 serving

2 eggs

2 Tbsp. milk

2 Tbsp. shredded Cheddar cheese

salt and pepper

1. Coat 12-oz. microwave coffee mug with cooking spray. Add eggs and milk; beat until blended.
2. Microwave on HIGH 45 seconds; stir. Microwave until eggs are almost set, 30-45 seconds longer.
3. Top with cheese; season with salt and pepper.

Microwave ovens vary. Cooking times may need to be adjusted.

Nutrition Information (per serving): 215 calories; 15 g fat; 6 g saturated fat; 2 g polyunsaturated fat; 5 g monounsaturated fat; 389 mg cholesterol; 244 mg sodium; 2 g carbohydrates; 0 g dietary fiber; 17 g protein; 739.5 IU vitamin A; 100.3 IU vitamin D; 194.4 mg calcium; 1.9 mg iron; 258.4 mg choline.

This recipe is an **excellent source** of protein, vitamin D, choline, and a **good source** of vitamin A, folate, calcium and iron.

Questions?

If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey RD, LD. You can reach her by telephone at 330-376-7717 extension 140 or by email lharvey@mobilemealsinc.org.