

Better Breakfast Month

From the desk of Lori Harvey RDN, LD

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.

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.

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 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.

Resources: Egg Nutrition Center @ www.eggnutritioncenter.org

The Egg Nutrition Center (ENC) is overseen by the United States Department of Agriculture (USDA).

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Your gift of \$3.00 pays for one meal while your gift of \$15.00 pays for meals for a week. However, any gift is welcome. You may mail your contribution to Mobile Meals at 1063 S. Broadway St. Akron, OH 44311 or you may donate on our website by going to www.mobilemealsinc.org.

Thank you!

Phil Marcin

Development Director

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. You can reach her by telephone at 330-376-7717 extension 140 or by email lharvey@mobilemealsinc.org.

GRIEVANCE POLICY

In order to provide clients with the best services possible, we ask you to contact Elaine Seyerle at Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.