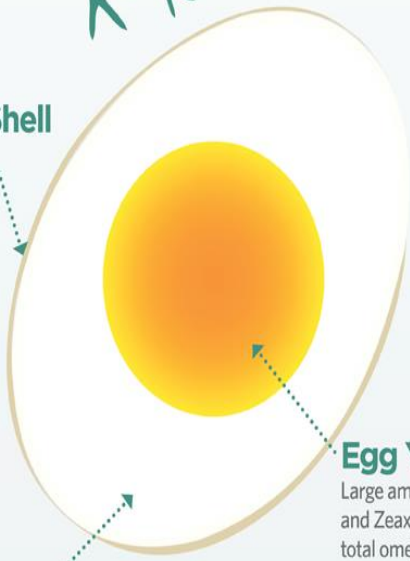


LET'S CRACK OPEN AN EGG



Shell



Egg Yolk:

Large amounts of Lutein and Zeaxanthin, 90% of the total omega-3s, Vitamins A, D, E, K, B5, B6, B12, Folate, Choline, Manganese

Egg White:

Vitamin B3, Vitamin B2, contain about 60% of the total protein, 90% of the total Vitamin B3

1 large egg:

18 calories



5g total fat



6g protein



187mg cholesterol



Excellent source of choline, biotin, vitamin B12, B2, and iodine.
Good source of vitamin B5, vitamin D, and vitamin A.

Health Benefits:



Weight management

Protein from an egg helps you feel fuller longer so you're not as tempted to snack throughout the day

Healthy pregnancy

Eggs are a great source of choline, a nutrient that helps prevent birth defects

Healthy muscles

Eggs are high in protein, which helps build muscles and prevent muscle loss

Brain

Choline found in eggs helps brain cell membranes maintain their structure

Healthy eyes

prevent macular degeneration and cataracts with lutein and zeaxanthin, two antioxidants found in eggs

Health Concerns:

Eggs are one of the most common allergies in the US.

1-2% of children in the U.S. are allergic to eggs



Cholesterol BUSTED! USDA nutritional data shows eggs have lower levels of cholesterol than in the past. Studies show that adults can eat eggs without increasing their risk of heart disease.

Ways to Prepare Eggs:



Hard boiled

Deviled

Scrambled

(Hard or Soft)

Soft boiled

Omelets/Frittatas

Baked or Shirred

Poached

Sunny Side Up, Over Easy, or Over Hard

Scotch Eggs

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