



PUT AN EGG ON IT!

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Have you ever wondered if eggs are healthy? This is a question that I get asked often!

HERE ARE 10 REASONS WHY I LOVE EGGS AND YOU SHOULD TOO!

1 EGGS ARE A COMPLETE PROTEIN

This means that eggs contain all 9 of the essential amino acids and are easily digested. Protein is in the yolk too! Not just the whites. 1 whole large egg has 6 grams of protein and is especially rich in leucine. 1 large egg contains 600mg of this key amino acid involved in muscle building.

2 THE PROTEIN IN EGGS CAN HELP KEEP YOU FULLER LONGER

This is why eggs are a great addition to your breakfast!

3 EGGS ARE VEGETARIAN AND CONTAIN VITAMIN B12

B12 can be difficult for vegetarians to get enough of since it is found in animal based products. Vitamin B12 is extremely important for brain and nerve health!

4 THEY HELP YOUR BODY TO ABSORB CERTAIN VITAMINS

If you put an egg on your salad, you'll get 7 times higher absorption of vitamin E!

5 THEY ARE ONE OF THE FEW FOODS THAT CONTAIN VITAMIN D

Vitamin D is critical for strong bones, immunity, and even mood.

6 EGGS CAN HELP IMPROVE THE HEALTH OF YOUR EYES

They contain powerful antioxidants such as lutein and zeaxanthin, which are necessary for good vision and can protect your eyes from blue light that comes from computer screens.

7 EGGS ARE VITAL FOR BRAIN HEALTH

The yolks contain a nutrient called choline, which plays a HUGE role in the development of a baby's brain, especially memory and learning, during pregnancy and infancy.

8 RESEARCH SHOWS THAT THE CHOLESTEROL IN EGGS DOES NOT NEGATIVELY AFFECT OUR BLOOD CHOLESTEROL

Actually, eating 1 to 3 eggs per day can raise HDL cholesterol (the good kind).

9 EGGS ARE INEXPENSIVE!!

At only \$0.15-\$0.25 per egg, you'll get a whole lot more nutrition than a package of ramen noodles.

10 THEY ARE SUPER VERSATILE TO COOK WITH!

Check out some of my easy suggestions on the next page.

HERE ARE SOME EASY WAYS TO INCORPORATE EGGS INTO YOUR DIETARY PATTERN

- Meal prep a batch of boiled eggs at the beginning of the week so you can have them on hand for breakfasts and snacks.
- Make a frittata, which is an Italian open-faced omelet. Be sure to load it up with veggies!
- Make a batch of egg muffins. They're basically like mini frittatas you make in a muffin tin. They make great breakfasts and snacks.
- Halve an avocado, remove the pit and bake an egg into each hole. Top with a healthy dose of sriracha for a spicy kick!
- Add a poached or fried egg to your avocado toast.
- Make shashuka. This Mediterranean dish is super easy and consists of a chunky tomato sauce with eggs baked into it.
- Make breakfast burritos with scrambled eggs and freeze so that you always have an easy breakfast on hand. You can reheat them in the microwave.
- Make scrambled eggs in a coffee mug and microwave to cook. Beat 2 eggs in the cup, heat on high for 45 seconds. Stir. Heat for another 30 seconds.
- Put a fried or poached egg on top of leftover pasta.
- Stir fry some veggies and whole grains like quinoa or brown rice and put an egg on top.

For more ways to cook with eggs, check out: <https://www.eggnutritioncenter.org/recipe>

