



Good
For Your
Health

EGGS-ACTLY RIGHT FOR YOUR HEALTH

NUTRIENT DENSE

Eggs can be part of a healthful diet. The Nutrition Facts label on an egg carton tells a convincing story. A single large egg supplies less than 4% of the total calorie intake of a person who consumes 2000 calories a day. For as little as 75 calories, an egg provides 12 % of the Daily Value for protein and a wide variety of other nutrients such as vitamin A, B6, B12, D, folate, iron, phosphorus, and zinc in varying amounts. That makes the egg a nutrient-dense food: lots of nutrition for relatively few calories!

HIGH-QUALITY PROTEIN

While it is true that many foods offer nutrients, the quality and the variety of the nutrients that an egg offers makes it stand out. Egg white is considered an ideal protein, the one that all others are compared to for quality. All the important amino acids, the building blocks of body protein, are found in an egg in the right proportions for your body's needs. This makes egg protein a great source of nutrition for a growing fetus and growing children as well as an athlete trying to build muscle tissue. In fact, research has shown that when elderly women increased their protein intake, they increased their bone mineral density thereby decreasing their risk of hip fractures. For those interested in weight loss, research indicates that increased protein and reduced carbohydrate intake stabilize blood sugar between meals, which can lead to reduced between-meal snacking.

BENEFICIAL FAT CONTENT

As for the fat found in eggs, two-thirds of it is the healthy unsaturated kind. And, now that we are hearing more about health risks from trans-fatty acids, it's reassuring to know that there are not trans-fats in eggs. The fat that the egg does supply helps nutrients such as vitamins A, D, E, and K to be used by the body. Still other nutrients such as iron, folate, and vitamin B12, often lacking in our modern highly-processed diets, can naturally be found in an egg.

CHOLINE

Although eggs have been popular in most traditional diets, recent research has shown them to be even more nutritious than our ancestors could have known. In fact, the egg yolk is an excellent source of choline, a nutrient now considered essential for human health. Research has shown choline to be required for normal formation of brain tissue and memory and to play a role in preventing heart disease. The recently established adequate intake for choline is 550 mg. for men, 425 mg. for women, and 450 mg. during pregnancy. Since a single Large egg provides 125

mg. of choline, a daily egg as part of a balanced diet can help you to meet your daily choline needs.

LUTEIN AND ZEAXANTHIN

Lutein and zeaxanthin are two newly-recognized nutrients that have put eggs in the "functional foods" category. A functional food is one that provides health benefits beyond its basic nutrient content. Lutein and zeaxanthin are members of a family of nutrients known as carotenoids and are found in green vegetables and egg yolks. These substances collect in parts of the eye and have been shown to play a role in promoting vision and preventing some common causes of blindness. In one well-regarded study, The Beaver Dam Eye Study, subjects who had the highest dietary intake of lutein were about 50 % less likely to suffer from cataracts, the clouding of the eye covering which often accompanies aging, as those who had the lowest lutein intake in their diet.

Another eye disease, age-related macular degeneration (AMD), is a leading cause of blindness affecting people over the age of 65. The Eye Disease Case-Control Study published in the Journal of the American Medical Association found that subjects with the highest dietary intake of lutein and zeaxanthin had a significantly lower risk of AMD compared to those with the lowest dietary intake.

Although vegetables supply most of the lutein in the diet, studies show that the fat content of an egg yolk may provide a beneficial fat matrix that helps the lutein and zeaxanthin find their way into and travel throughout the body, where they accumulate in the eye. Recent studies have shown that consuming lutein can increase macular pigment density and even improve visual function.

CONVENIENT AND ECONOMICAL

Imagine all these health benefits at an incredibly low price. As expenses keep climbing, it's reassuring to know that eggs can provide so much nutrition for a family of four at less than \$2.00 a meal. Consider another great advantage: eggs have a long shelf life. In fact, it is safe to use eggs up to 4 weeks after purchase if kept refrigerated. This means that on those days when everything is running late and you can't get to the supermarket, you can whip up a nutritious, satisfying meal within minutes that costs much less than any restaurant take out.

REDUCES HUNGER

Maybe you're having trouble controlling that urge to ⁿ snack. Just keep a hard cooked egg on hand to see you through your daily activities without the need to stop for a snack that you'll regret later. In fact, researchers interested in weight control are now saying that protein-rich snacks like eggs can keep your appetite satisfied for longer than the usual sugary snack bars. Preliminary findings indicate

than an egg, toast, and jelly breakfast can even keep you from getting hungry longer than an equal calorie breakfast consisting of a bagel, cream cheese, and yogurt.

So, why not start the day with a delicious scrambled egg sandwich and a gulp of orange juice whether at home or on the road? How about tossing slices of hard-cooked egg into that tired spinach salad for a delicious and nutritious treat? Eggs are the perfect solution for any last minute meal dilemma!

*Modified from the Egg Nutrition Center
Available in brochure form*

EGGS & GOOD HEALTH

PREVENTION IS KEY

Genetics play a major role in whether a person will develop a chronic disease such as heart disease, but so too, does lifestyle. You have no control over your family's medical history but you can take steps to decrease your own risk.

According to the American Heart Association, you lessen the likelihood of heart disease by not smoking, controlling blood pressure, maintaining a blood cholesterol level below 200 mg/dl and exercising regularly. Diabetes, a family history of heart disease and obesity are other important heart disease risk factors.

CHOLESTEROL: CLEARING UP THE CONFUSION

Cholesterol is not a fat. It is a waxy, fat-like substance produced by all animals, including humans. Cholesterol is needed for a large number of bodily functions and serves to insulate nerve fibers, maintain cell walls and produce vitamin D, various hormones and digestive juices. Cholesterol is produced by virtually every tissue in the body.

There is a difference between dietary cholesterol (the cholesterol you consume in foods) and blood cholesterol (the cholesterol in your bloodstream, also called serum cholesterol). Dietary cholesterol is present in varying amounts in some foods, such as meat, poultry, seafood, eggs, and dairy products. Dietary cholesterol does not automatically become blood cholesterol when you eat it. The majority of your blood cholesterol is actually made by your body. How much cholesterol your body makes is determined by how much you weigh.

There is little doubt that elevated blood cholesterol levels increase heart disease risk. But the effect of dietary cholesterol on blood cholesterol levels is a subject of debate among health professionals. That's because research does not show that cholesterol in food significantly boosts blood cholesterol levels in everyone.

Currently, the U.S. Dietary Guidelines and the American Heart Association recommend an average daily cholesterol intake of no more than 300 milligrams. But some health professionals, including members of the American Heart Association, are starting to take another look at the 300 milligram limit, a recommended level that has not been revised since the 1970's. Even without revised dietary cholesterol guidelines, certain people may not need to restrict their cholesterol intake to less than 300 milligrams a day. That's because scientific studies show that people react differently to dietary cholesterol. Some researchers say that nearly two-thirds of Americans can handle cholesterol intake

within the range that people normally consume (300-400 mg each day) without significantly raising their blood cholesterol levels.

For example, two studies published in an American Heart Association journal showed that 20 healthy young men and 13 healthy young women with normal blood cholesterol levels were able to consume up to two eggs per day while on a low-fat diet, without significantly raising their blood cholesterol levels. The outcome of these studies supports results from many other studies published in the last decade, and suggests that an egg or two daily is acceptable for people with normal blood cholesterol levels.

With more research and improved technology, doctors and dietitians may soon be personalizing dietary cholesterol recommendations. However, until we know more about individual dietary cholesterol limits, ask your doctor to assess your personal heart disease risk and dietary needs. Keep in mind that dietary guidelines do not apply to a single meal, recipe or food, but to your whole diet over the course of a week.

Reductions in saturated fat intake typically result in cholesterol consumption, since many high fat foods are also cholesterol-rich. But you don't have to consume only foods low in fat and cholesterol. Practice moderation by balancing foods high in fat or cholesterol with low-fat selections. For example, there's not need to avoid eggs on a heart-healthy diet. Even cholesterol-lowering diets allow moderate amounts or whole eggs. There is no limit on egg whites, since they're cholesterol- and fat-free.

THE DIET/HEART DISEASE LINK

Americans have a collective *fat tooth*. Nearly thirty-five percent of our calories come from fat, more than the recommended 30 percent or less.

There are three types of fats: *saturated, monounsaturated, and polyunsaturated*. All have the same number of calories, yet they affect blood cholesterol levels differently. Blood cholesterol can be broken down into two major parts: HDL, or high-density lipoprotein and LDL, or low-density lipoprotein. HDL, known as the *good cholesterol*, helps move cholesterol to the liver for removal from the bloodstream. LDL, referred to as the *bad cholesterol*, is responsible for cholesterol sticking to the artery walls.

Saturated fat raises blood cholesterol and LDL levels more than any other part of the diet. Saturated fat is the predominant fat in animal foods. Some vegetable oils are highly saturated, too. Palm oil, palm kernel oil and coconut oil, often used in processed foods, contain large amounts of saturated fat. Some hydrogenated vegetable oils are also high in saturated fat.

Monounsaturated and polyunsaturated fats lower blood cholesterol levels when they replace saturated fat in the diet. Foods rich in monounsaturated fat include olive oil, canola oil, nuts and nut butters. High levels of polyunsaturated fat are found in most vegetable cooking oils. Polyunsaturated fat is also found in seafood. A large egg contains 4.5 grams of fat, most of which is made up of polyunsaturated and monounsaturated fats.

Health professionals recommend decreasing saturated fat intake, but cutting back on total fat consumption is also important. Luckily, the two go hand-in-hand, since most low-fat foods are also low in saturated fat. The new nutrition labels make it easier than ever to determine total saturated fat intake.

GIRTH CONTROL

Maintaining a healthy body weight may be the best single move you can make to ensure good health. Lugging around extra fat, especially fat around the abdomen increases your chances for heart disease, diabetes and high blood pressure. It may also aggravate lower back pain and contribute to low energy levels. A healthful, long term weight control regimen includes tasty foods from all of the food groups, promotes weight loss of no more than a pound a week and uses exercise to achieve and maintain a desirable weight.

EXERCISE BENEFITS

Many people exercise for weight control. But regular exercise can do much more. It preserves and builds muscle and bone tissue, increases flexibility, improves the body's response to insulin and helps control blood pressure. Physical activity can lower blood cholesterol levels and increase levels of desirable HDL. The higher your HDL, the better. More to the point, studies show that active people live longer. Increasingly, experts are recommending a combination of aerobic activity, such as brisk walking, bicycling and strength training, commonly known as weight lifting. However, you don't need to jog daily or climb mountains to reap the benefits of physical activity. New research suggest that even moderate movement, including gardening, dancing, strolling and household chores, promotes good healthy when done for 30 minutes per day, four to five times a week.

HIGH BLOOD PRESSURE: IT'S UNDER YOUR CONTROL

According to the 1992 Heart and Stroke Facts, published by the American Heart Association, one in three adult Americans has high blood pressure. That figure may be alarming, but there is good news. High blood pressure is controllable. If your doctor has prescribed high blood pressure medication, be sure to take it, even if you don't feel sick. To best control blood pressure: drink alcohol in moderation or not at all; don't smoke; exercise regularly; and achieve and maintain a healthy

weight. Weight loss alone may be one of the most effective non-drug treatments for high blood pressure.

PUTTING IT ALL TOGETHER FOR GOOD NUTRITION

Whoever said "moderation in all things," must have had nutrition in mind. A healthful diet does not exclude any one food or food group. Moreover, it can include your favorite foods. According to health professionals, the best diet is based on breads, grains, cereals, fruits and vegetables which are rich in complex carbohydrates and fiber, low in fat and full of vitamins and minerals. A balanced diet also includes high-protein foods, such as eggs, low-fat dairy products, lean cuts of meat and poultry, and seafood. These foods are loaded with key vitamins and minerals, too. Finally, don't forget fluids. Drink at least six to eight glasses daily of either water, milk or juice, even when you don't feel thirsty.

You love eggs and want them to be part of your diet. That's fine by many nutrition experts, who believe that eggs fit into a healthy, well-balanced eating plan. A large egg contains 4.5 grams of fat (1.5 of which is saturated fat) and 213 milligrams of cholesterol, 22 percent less than previously thought, based on a 1989 study. Additionally, eggs contain 70 calories each.

An egg is one of nature's most nutritious creations. Eggs are protein-rich, low in sodium and contain 13 vitamins and minerals in varying amounts. In addition, eggs are inexpensive, delicious and easy to prepare.

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