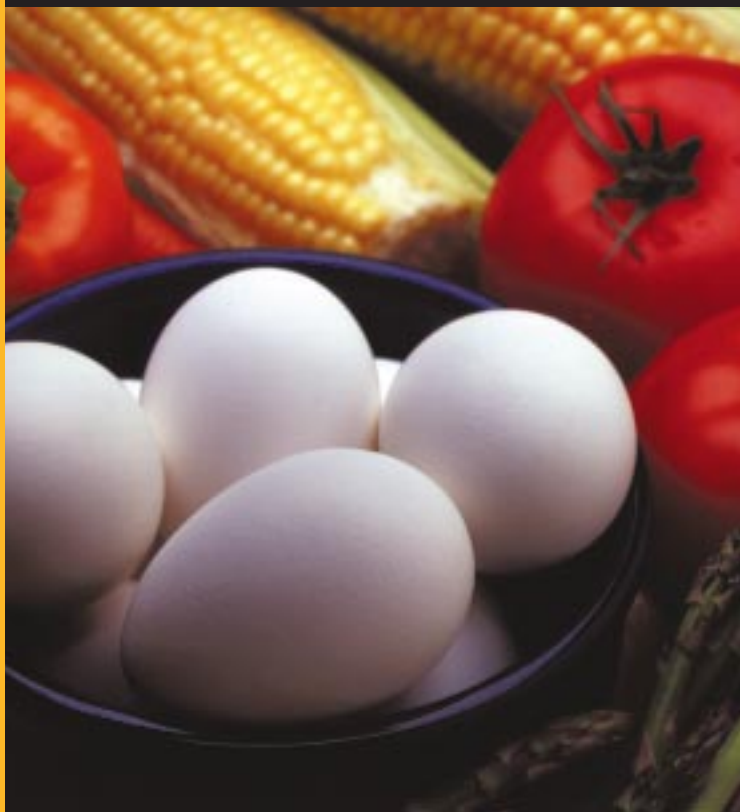


# *Eggs*



delicious, nutritious,  
affordable fast food

# ***Delicious:***

Remember how much you used to enjoy a real breakfast - one with eggs, toast and fresh juice? Sometimes the eggs might be fried, other times scrambled, or prepared any way you like your eggs the best. A meal with everyone sitting at the table, talking about family and friends. And the eggs were delicious! Even though times have changed and sit-down breakfast is now usually reserved for week-ends, eggs can still fit into your busy schedule.

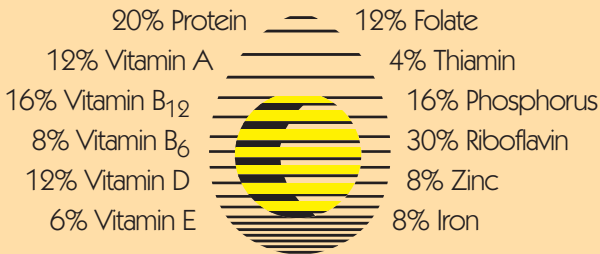
Versatile eggs are convenient for breakfast, brunch, lunch and dinner. From a basic morning scramble or omelet to an elegant evening quiche or souffle, these satisfying eggs add texture and flavor to a world of delicious dishes. In addition to creating these comforting foods, eggs are used to emulsify, leaven, foam, coagulate, clarify, and glaze in desserts, entrees, soups and breads. As you can see, without eggs, its quite difficult to make airy Angel cakes and clear consomme soup. That's why a great Chef once referred to eggs as the cement that held the castle of cuisine together. Why not enjoy a delicious and ever popular "incredible edible egg" dish today!



## Nutritious:

Soft, delicious eggs are easy to chew and digest, making them suitable for people of all ages. Containing some of the highest quality protein available in a food, eggs also provide a wide variety of other nutrients at a cost of 70 calories per Large egg. Because they have a high nutrient content compared to their calorie count, eggs are nutrient-dense. This makes them especially helpful as a nutritious part of toddler and senior diets as well as diets for the weight-conscious. Eggs also have a number of nutrients important for good health. Egg yolks contain lutein and zeaxanthin which contributes to health of the eye. The choline found in eggs plays a role in brain function. Both the egg white and yolk provide protein plus assorted amounts of all needed vitamins, except vitamin C, and an array of important minerals. Altogether, these nutrients maintain your body, repair tissues and ensure that body processes all function properly. For 140 calories, a serving of two delicious, nutritious eggs provide all the following.

## Nutrient Daily Values for 2 Large Eggs



## 140 Calories

A large egg contains 4.5 gm fat (7.5% DV\*), 1.5 gm saturated fat (8% DV\*), and 215 mg cholesterol (71% DV\*)  
DV\*=Daily Value based on a 2,000 calorie diet.

Egg yolks are a concentrated source of dietary cholesterol and considered a medium-fat food. A large egg yolk has a total of 5 grams of fat, most of which is the unsaturated type. However, egg whites are cholesterol-free and fat-free. Studies show that saturated fats play the most critical role in raising blood cholesterol levels. In recent studies, adding two eggs to a healthful diet did not significantly increase blood cholesterol levels in men or women, young or middle-aged, with either normal or moderately elevated blood cholesterol levels.

# Affordable:

You would naturally expect to pay a high price for something so tasty and nutritious. The fact is, eggs are a readily affordable source of all this goodness. The highest quality protein in the supermarket just happens to be the most affordable. If a dozen eggs cost \$1.00, then you are paying only 67¢ a pound for the gold standard of protein. To compare eggs to other protein foods, remember that a dozen Large eggs weigh 1-1/2 pounds; 2/3 of the price per dozen equal the price per pound. Despite the common belief that all egg protein is found in egg white, actually, 45% of protein is found in egg yolk and remaining 55% is in the egg white.

Food	Unit Price	Protein (20 grams)
1 dz. Large eggs	\$1.06	\$0.29
1 lb. Ground beef (100%)	\$1.40	\$0.37
1 lb. Chicken breasts <sup>1</sup> (bone-in)	\$2.03	\$0.55
1 lb. Pork chops (bone-in)	\$3.48	\$1.11

<sup>1</sup>skinless chicken breast

\*Price per market unit are based on 1997 national average price from the Bureau of Labor Statistics Data.

Eggs have remained a protein bargain for decades due to breeding, and the efficiency of modern egg production techniques. Today’s well-fed hens lay an average of 250 to 300 eggs per year, compared to 130 to 150 eggs in the 1940s.

## Did You Know ...

- Each year, Americans are eating more eggs. It is forecasted that by 1999 each American will be eating 245 eggs per year.
- Greater than 90% of older Americans said they like eating eggs and think eggs are a good source of high quality protein. (Innovative Media Research, 1998.)
- 68% of surveyed children said eggs are a “healthy” breakfast food, 12% more than cold cereals. (Louis Harris and Associates, Inc., 1996)
- “Eggs are wonderful for kids. Not only do kids like them, eggs can be cooked in a variety of kid-friendly ways and they deliver a nutritional bang in every bite.” (Mindy Hermann, R.D., nutrition editor for Child Magazine)

# ***Fast Food:***

How convenient can a delicious, nutritious, affordable food be? When you're referring to eggs, the answer is very! Most households always have eggs handy in the refrigerator. And, eggs are packed by nature in already-portioned serving containers and can be fixed in a variety of ways, many of which take only a few minutes from "fridge" to table. Few foods are as easy to cook! Try this fast, simple recipe to see for yourself.



## **EGG POCKETS**

Preparation: 5 minutes

Cooking: 5 minutes

4 servings

- 4 eggs
- 1/4 cup low-fat milk
- 2 teaspoons finely chopped green onions
- 1 teaspoon butter or cooking oil OR cooking spray
- 2 pita pockets, halved

In small bowl, beat together eggs, milk and onions until blended. In 7- to 8-inch omelet pan or skillet over medium heat, heat butter until just hot enough to sizzle a drop of water. Pour in egg mixture. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large, soft curds. Continue until eggs are thickened and no visible liquid egg remains. Spoon 1/4 of the eggs into each pita half. If you like, add chopped tomato and green pepper, a sprinkling of shredded cheese or a dollop of taco sauce or all of them!

155 calories

Carbohydrate 36%, Protein 22%, Fat 42%

For more recipes, contact American Egg Board  
P.O. Box 733 Park Ridge, IL 60068-0733 or [www.aeb.org](http://www.aeb.org)

# Food Safety:

Like all perishable foods, eggs need to be handled carefully. Follow these suggestions to ensure that you handle and prepare eggs properly:

- Buy eggs that your grocer has kept refrigerated.
- Allow no more than 2 hours at room temperature for eggs, egg mixtures and cooked egg dishes.
- Store eggs in their carton on an inside refrigerator shelf, not on the door.
- Cook eggs for use in all recipes. For basic egg dishes, cook until the egg white is completely set and the yolk begins to thicken, but is not hard. Contact American Egg Board (at bottom left) for help in modifying raw egg recipes.
- Refrigerate leftovers immediately in shallow containers, reheat thoroughly and eat within 2 days.
- Use fresh eggs within 4 to 5 weeks of the pack date or 3 to 4 weeks of purchase. Use hard-cooked eggs within 1 week of cooking.

Nutrition Facts			
Serving Size 1 egg (50g)			
Serving Per Container 12			
Amount Per Serving			
Calories 70 Calories from Fat 40			
% Daily Value*			
Total Fat	4.5g		7%
Saturated Fat	1.5g		8%
Polyunsaturated Fat	.5g		
Monounsaturated Fat	2.0g		
Cholesterol	4.5g		71%
Sodium	65g		3%
Potassium	60g		2%
Total Carbohydrate	1g		0%
Protein	6g		10%
Vitamin A 6% - Vitamin C 0%			
Calcium 2% - Iron 4% - Thiamin 2%			
Riboflavin 2% - Vitamin B-6 4%			
Folate 6% - Vitamin B-12 8%			
Phosphorus 8% - Zinc 4%			
Not a significant source of Dietary Fiber or Sugars			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram			
Fat 9 - Carbohydrate 4 - Protein 4			