

**O**ur grandparents taught us to recognize eggs as a wholesome and nutritious food. They understood that eggs contain nutrients that scientists are just beginning to appreciate for their impact on overall health.

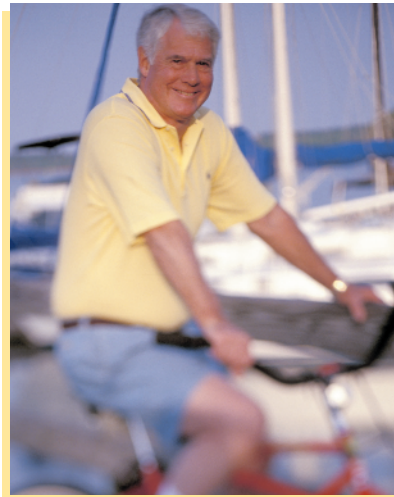
## NUTRIENT DENSE

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 a 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 or a senior trying to preserve 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 stabilizes blood sugar between meals which can lead to reduced between meal snacking.

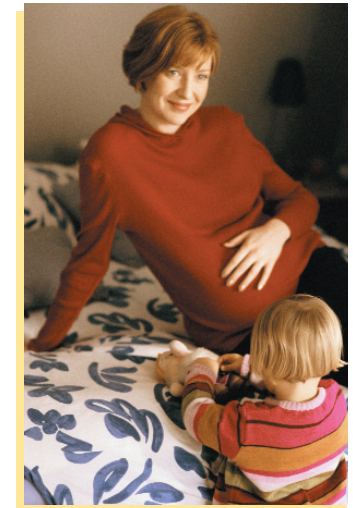
## BENEFICIAL FAT CONTENT

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 no 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.

Nutrition Facts		Not a significant source of Dietary Fiber or Sugars.	
Serving Size 1 egg (50g) Servings 12		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Amount Per Serving	Calories from Fat 40	Calories	2,000
<b>Calories 70</b>			2,900
	<b>% Daily Value</b>		
<b>Total Fat 4.5g</b>	<b>7%</b>	Total Fat	Less than 85g 80g
<b>Sat. Fat 1.5g</b>	<b>8%</b>	Sat. Fat	Less than 50g 50g
<b>Trans Fat 0g</b>		Cholesterol	Less than 300mg 300mg
<b>Cholest. 215mg</b>	<b>71%</b>	Sodium	Less than 2,400mg 2,400mg
<b>Sodium 85mg</b>	<b>3%</b>	Total Carb.	Less than 300g 370g
<b>Total Carb. Less than 1g</b>	<b>0%</b>	Dietary Fiber	25g 25g
<b>Protein 6g</b>	<b>10%</b>	Protein	50g 50g
Vitamin A 6%	Vitamin C 0%		
Calcium 2%	Iron 4%		

## 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 per 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 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 that 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!



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