

# Healthy Eating Patterns: How do eggs fit?



Egg Nutrition Center



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# What are healthy eating patterns?



A diet that includes a variety of nutrient-dense foods:

Fruits  
Vegetables  
Whole grains  
Lean sources of protein  
Low-/fat-free dairy foods

...while limiting saturated and trans fats,  
sodium, and added sugars.

# Why the shift to a pattern approach?



Scientific evidence shows that healthy eating patterns:

1. Support a healthy body weight



2. Reduce risk of chronic disease



3. Ensure nutrient needs are met



# What are some examples?



The 2015-2020 Dietary Guidelines for Americans present three sample eating patterns:



Healthy  
U.S. Style



Healthy  
Mediterranean  
Style



Healthy  
Vegetarian  
Style

# What are the key differences between the sample eating patterns provided?








Healthy U.S.  
includes a variety of  
nutrient-dense  
foods like fruits,  
vegetables, whole  
grains, lean protein,  
low- or fat-free  
dairy foods





Mediterranean  
contains more fruits  
and seafood and  
less dairy than does  
the U.S.-Style



Vegetarian includes more legumes, soy, nuts and seeds, and whole grains than does the U.S.-Style. It contains no meats, poultry, or seafood.





# What are some practical tips for including eggs within healthy eating patterns?



# Add an egg to salads and other vegetable dishes to bump up the protein and improve the absorption of antioxidants



# Choose hard-boiled eggs instead of commonly consumed snacks that provide few nutrients





# Switch up your protein routine by serving an egg entree for dinner



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information and recipes**



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