Healthy Eating Patterns: How do eggs fit?





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?









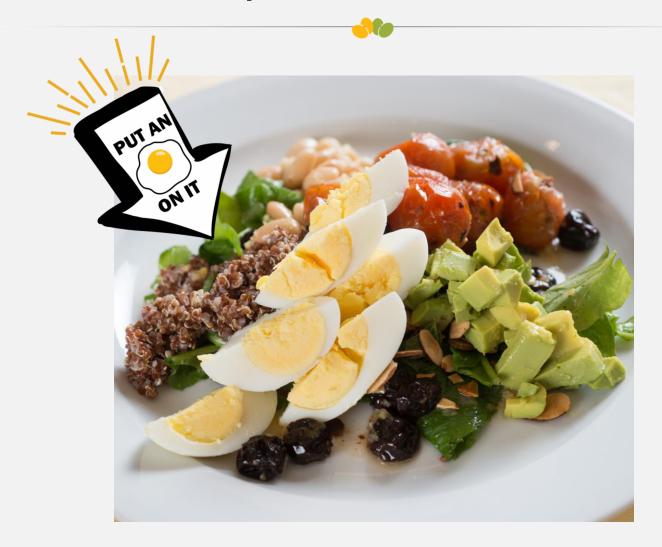


What are some practical tips for including eggs within healthy eating patterns?



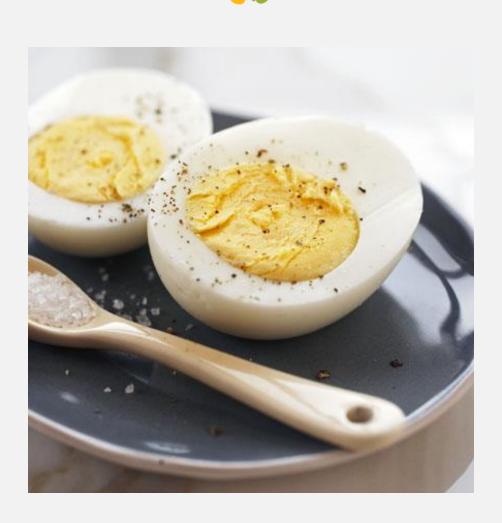


Add an egg to salads and other vegetable dishes to bump up the protein and improve the absorption of antioxidants





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





Visit the ENC website for additional information and recipes

