

# Think Fast Think Eggs!

Eggs are convenient and economical. They keep well in the refrigerator for up to 4 weeks after purchase.

On treatment days as well as days when time is limited, a meal prepared from eggs requires minimal effort and is easy to start the night before.

French toast, deviled eggs, omelets and egg salad are great any time of the day and are a delicious way to increase your protein intake.

## Nutrient Content of One Large Egg

Nutrient	Whole Egg	White	Yolk
Calories	74	17	55
Total Fat (g)	5	0.06	4.51
Polyunsat. Fat (g)	0.7	0	0.7
Monounsat Fat (g)	1.9	0	2.0
Saturated Fat (g)	1.5	0	1.6
Trans Fat (g)	0.05	0	0.05
Cholesterol (g)	212	0	210
Sodium (mg)	70	55	8
Carbohydrate (g)	0.4	0.24	0.61
Protein (g)	6.3	3.6	2.7
Vitamin A (IU)	244	0	245
Vitamin D (IU)	17.3	0	18.3
Calcium (mg)	27	2	22
Thiamin (mg)	0.03	0.001	0.03
Vitamin B6 (mg)	0.07	0.002	0.06
Vitamin C (mg)	0	0	0
Iron (mg)	0.9	0.03	0.33
Riboflavin (mg)	0.24	0.145	0.09
Folate (mcg)	24	1	25
Vitamin B12(mcg)	0.64	0.03	0.33
Zinc (mg)	0.56	0.01	0.39
Phosphorus (mg)	96	5	66
Lutein (mg)	0.15-0.25	0	0.15-0.25

US Department of Agriculture, Agricultural Research Service 2004, USDA National Nutrient Database for Standard Reference, Release 17. Nutrient Data Laboratory Home Page

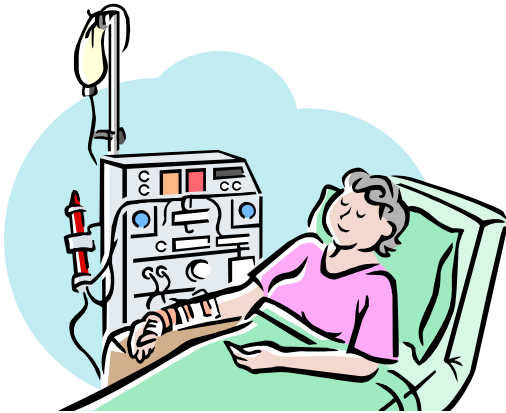
<http://www.nal.usda.gov/fnic/foodcomp>

Apparent discrepancies in nutrient levels between the white and yolk vs. the whole egg are due to sampling error.

## Quick and Easy Egg Protein For A Dialysis Diet



## Albumin-Protein-Eggs All Go Hand in Hand



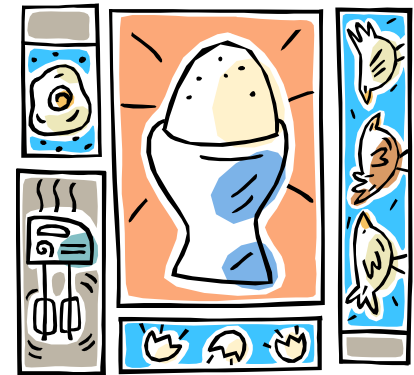
Albumin is the medical name for a blood protein. Your albumin level is a measurement of how well you are eating and can influence how you feel. Most people on dialysis are encouraged to eat as much protein as they can. The better nourished you are, the healthier you will be. Eating enough protein will also increase your ability to resist infection and assist your healing after surgery or injury.

Protein is needed to build muscles and is the only nutrient that can be used to repair worn body tissues. High quality protein comes from meat, fish, poultry and eggs. Egg protein has the highest biological quality of any single food protein, which means all the protein you eat in an egg can be used by your body. Most of the protein found in an egg is in the egg white but about 40% of the protein is contained in the egg yolk, along with most of the egg's vitamins and minerals.

Healthy mono and polyunsaturated fats make up 2/3 of the fat found in eggs, along with small amounts of omega-3 fatty acids. Eggs can be considered a low sodium food, since one large egg only contributes 2.9% of your daily value for sodium.

Try to eat 3 or more high protein meals or snacks daily. If you fill up quickly, eat your egg, chicken, meat or fish first, when your appetite's best.

Although a large egg does contain 213 mg of cholesterol, much of the cholesterol you eat is lost as a waste product and what is absorbed has little measurable affect on blood cholesterol levels. Being a natural food, eggs don't contain harmful trans-fats which have been associated with increasing one's risk of heart disease.



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