

# Eggs Make the Grade for Healthy

## Eating!

More than ever, eggs are being recognized for their outstanding nutritional qualities. If you enjoy eggs, and healthy eating is important to you, it's good to know that Canadian shell eggs meet the criteria for the **Health Check™** program.

**Health Check™** is a national food information program developed by the Heart and Stroke Foundation to help Canadians make healthy food choices. At the heart of the **Health Check™** program is the **Health Check™** symbol, backed by the Heart and Stroke Foundation name.



... tells you it's a healthy choice.

## Egg-cellent Nutrition

NUTRITION INFORMATION	
Per 50 g serving (1 Large egg)	
Energy	71 Cal / 297 kJ
Protein	6 g
Fat	5 g
Polyunsaturates	0.7 g
Monounsaturates	2.0 g
Saturates	1.5 g
Cholesterol	190 mg
Carbohydrate	0 g
<b>Percentage of Recommended Daily Intake:</b>	
Vitamin A	8%
Vitamin E	6%
Vitamin D	2%
Folate	15%
Vitamin B <sub>12</sub>	30%
Thiamin	2%
Niacin	6%
Riboflavin	15%
Iron	2%
Zinc	5%
Phosphorus	6%

One to two eggs is considered a serving from the Meat and Alternatives group in Canada's Food Guide to Healthy Eating.

## Eggs... one of nature's most nutritious foods

Eggs are part of a balanced diet included in **Canada's Food Guide to Healthy Eating**. It's clear to see that eggs are an excellent choice for healthy eating.



## **Eggs... a nutritious choice to take to heart**

It's time to give eggs a break! Recent research shows that healthy adults can enjoy an egg every day without increasing their risk of heart disease. A study by the prestigious Harvard School of Public Health found no significant link between eating eggs and developing heart disease in healthy individuals.

References: Hu et al. JAMA 1999; 281:1387-1394.  
N Engl J Med 1997; 337:1491-1499, BMJ 1996; 313:84-90,  
J Clin Epidemiol 1996; 49:211-216.

### **EGGS PROVIDE A NUMBER OF NUTRIENTS THAT BENEFIT HEART HEALTH**

#### **B VITAMINS**

Eggs are an excellent source of folate and vitamin B<sub>12</sub>.

#### **UNSATURATED FATS**

Eggs contain heart healthy monounsaturated and polyunsaturated fats.

#### **ESSENTIAL FATTY ACIDS**

All eggs contain omega-3 and omega-6 fatty acids.

#### **ANTIOXIDANTS**

Yolks are a good source of the antioxidant lutein.

## **Eggs for a healthy lifestyle**

Eating well goes hand in hand with being active to help you feel your best. Here are some tips to help you enjoy a healthy lifestyle!

*Eggs are a great  
choice to fuel a  
busy lifestyle! Take  
advantage of quick,  
convenient foods such  
as eggs to plan nutritious  
meals in no time!*

### **DID YOU KNOW?**

#### **Today's eggs are lower in cholesterol.**

One Grade "A" large egg has almost one-third less cholesterol than a decade ago. Thanks to changes in feeding practices, eggs now contain only 190 mg compared to 274 mg in 1991.

Source: Health Canada, Canadian Nutrient File, 2001 and 1991.

### **EAT WELL**

Follow *Canada's Food Guide to Healthy Eating* for a healthy balance! Enjoy a variety of foods from each food group every day.

For a copy of *Canada's Food Guide to Healthy Eating*, contact your local health department or visit: [www.healthcanada.ca/foodguide](http://www.healthcanada.ca/foodguide)

### **BE ACTIVE**

Get your body moving each day! Even a 10-minute walk can make a difference.

For a copy of *Canada's Guide to Physical Activity*, contact your local health department or check out:

[www.healthcanada.ca/paguide](http://www.healthcanada.ca/paguide)

### **DE-STRESS**

Try to manage daily stress and find ways to make time for yourself.

For stress reducing tips, contact your local Heart and Stroke Foundation or visit: [www.heartandstroke.ca](http://www.heartandstroke.ca)





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Protein	6 g
Fat	5 g
Carbohydrate	0 g

† Enjoying a variety of foods is a part of healthy eating. Eggs are a nutritious food and should be eaten in moderation. Canadian egg producers financially support the Health Check™ education program. This is not an endorsement. See [www.healthcheck.org](http://www.healthcheck.org)

Canadian egg producers are proud to bring you a wholesome, nutritious food.

For additional copies of this booklet or other information, contact:

**B.C. Egg Producers**  
P.O. Box 310  
Abbotsford, B.C.  
V2S 4P2  
[www.bcegg.com](http://www.bcegg.com)

**Alberta Egg Producers Board**  
#15, 1915-32nd Avenue N.E.  
Calgary, Alberta  
T2E 7C8  
[www.eggs.ab.ca](http://www.eggs.ab.ca)

**Saskatchewan Egg Producers**  
P.O. Box 1637  
Regina, Saskatchewan  
S4P 3C4  
[www.saskegg.ca](http://www.saskegg.ca)

**Manitoba Egg Producers**  
18-5 Scurfield Boulevard  
Winnipeg, Manitoba  
R3Y 1G3  
[www.mbeegg.mb.ca](http://www.mbeegg.mb.ca)

**Ontario Egg Producers**  
7195 Millcreek Drive  
Mississauga, Ontario  
L5N 4H1  
[www.eggsite.com](http://www.eggsite.com)

**Fédération des producteurs d'oeufs de consommation du Québec**  
555, boul. Roland-Therrien  
Longueuil, Québec  
J4H 3Y9  
[www.oeuf.ca](http://www.oeuf.ca)

**New Brunswick Egg Marketing Board**  
181 Westmorland Street  
Fredericton, New Brunswick  
E3B 3L6

**Nova Scotia Egg Producers**  
P.O. Box 1096  
Truro, Nova Scotia  
B2N 5G9

**P.E.I. Egg Commodity Marketing Board**  
420 University Avenue  
Charlottetown, P.E.I.  
C1A 7Z5

**Egg Producers of Newfoundland and Labrador**  
P.O. Box 8453  
St. John's, Newfoundland  
A1B 3N9  
[www.nfeggs.com](http://www.nfeggs.com)



**CANADIAN EGG MARKETING AGENCY**  
**OFFICE CANADIEN DE COMMERCIALISATION DES OEUFS**

**Canadian Egg Marketing Agency**  
112 Kent Street, Suite 1501  
Ottawa, Ontario K1P 5P2  
[www.eggs.ca](http://www.eggs.ca)

## Nutritious Egg Recipes

*Eggs are nutritious, delicious, inexpensive and easy to prepare. Try these healthy egg recipes. Bon appétit... here's to your good health!*



### EGGS IN A TOMATO

*Makes 1 serving*

*Nutrients per serving:*  
Calories: 170  
Carbohydrate: 7.5 g  
Protein: 13.3 g  
Fat: 10.3 g

1	large tomato	1
	Salt and pepper, to taste	
2	eggs†	2
1/4 tsp	Italian seasoning	1 mL

Cut off a thick slice, about 1/2-inch (1 cm), at the stem end of the tomato; set slice aside. Scoop out seeds and centre pulp. Season with salt and pepper. Place tomato upside down on a paper towel to drain for about 5 minutes.

Place tomato upright in a small microwave-safe bowl. Break eggs into tomato. Pierce egg yolks with a fork. Sprinkle with Italian seasoning and place top slice over tomato. Microwave on MEDIUM-HIGH (70%) for 3 minutes and 45 seconds or until egg is almost cooked. Let stand for 2 minutes.



**Suggestion for Complete Meal:** Serve with whole grain toast and a glass of juice, followed by yogurt.

**Note:** Recipe tested in a 700-watt microwave oven. Cooking time may vary for your microwave oven.



## PASTA FRITTATA

*Makes 8 servings*

*Nutrients per serving:*  
Calories: 143  
Carbohydrate: 17.0 g  
Protein: 7.0 g  
Fat: 5.0 g

2 tbsp	olive oil, divided	30 mL
1	small onion, finely chopped	1
1	clove garlic, finely chopped	1
1/2 cup	puréed plum tomatoes or tomato sauce	125 mL
2	eggs†	2
6	egg whites	6
3 cups	cooked pasta (plain or with sauce)	750 mL
1/2 tsp	pepper	2 mL
2 tbsp	grated Parmesan cheese, optional	30 mL
2 tbsp	chopped fresh parsley	30 mL

Heat 1 tbsp (15 mL) oil in large non-stick ovenproof skillet. Add onion and garlic and cook gently until tender and fragrant, about 4 minutes. Add puréed tomatoes and heat.

In a large bowl, beat together eggs and egg whites. Add onion, garlic and tomato mixture and blend in. Stir in pasta, breaking up any clumps with spoon. Stir in pepper (add 1/2 tsp (2 mL) salt if pasta is plain).

Heat remaining 1 tbsp (15 mL) oil in same skillet. Add egg/pasta mixture and cook on medium-high heat until bottom is brown and crusty. Occasionally lift edge so some of uncooked eggs can run under frittata.

Sprinkle top of frittata with cheese. Place under preheated broiler about 10 inches (25 cm) from element and cook until eggs are set and top is brown. Sprinkle with parsley and cut in wedges to serve.



**Suggestion for Complete Meal:** Serve with a tossed salad, followed by fruit yogurt.

**Tip:** This is a great dish to make with leftover pasta.

*Recipe from More HeartSmart™ Cooking with Bonnie Stern Random House 1997*



## GREEK-STYLE EGGS

Makes 1 serving

Nutrients per serving:

Calories: 334

Carbohydrate: 39.3 g

Protein: 20.0 g

Fat: 10.8 g



## ORIENTAL EGG WRAP

Makes 8 wraps

Nutrients per wrap:

Calories: 122

Carbohydrate: 10.1 g

Protein: 7.3 g

Fat: 5.2 g

2	hard-cooked eggs* peeled and coarsely chopped	2
3 tbsp	tzatziki, divided Freshly ground pepper, to taste	45 mL
1	(6-inch/15 cm) pita bread or flatbread Lettuce leaves, chopped tomato, sliced black olives and chopped cucumber	1

Combine eggs with 2 tbsp (30 mL) tzatziki and pepper; set aside. Spread remaining tbsp (15 mL) tzatziki on pita bread. Place lettuce leaves on bread and top with egg mixture. Garnish with tomato, olives and cucumber. Fold sides up over filling.



**Suggestion for Complete Meal:** Serve with a cucumber and tomato salad and a glass of milk, followed by melon slices.

### Basic Hard-Cooked and Soft-Cooked Eggs:

Place cold eggs in a small saucepan and cover with at least 1-inch (2.5 cm) cold water over top of eggs. Cover saucepan and bring to boil over high heat. Immediately remove pan from heat to stop boiling. Let eggs stand in water for 20 to 25 minutes for hard-cooked eggs and 2 to 5 minutes for soft-cooked eggs. Drain water and immediately run cold water over eggs until cooled.

8	eggs*	8
1/4 cup	mirin* or dry sherry	50 mL
2 tbsp	sugar	30 mL
1/2 tsp	salt	2 mL
3 tbsp	cornstarch	45 mL
3 tbsp	cold water	45 mL
	Vegetable spray	
2-2/3 cups	hot steamed oriental vegetables or your favourite steamed vegetables	650 mL

\*Japanese sweet cooking seasoning

In a large bowl, beat together eggs, mirin, sugar and salt; set aside. In a small bowl, blend together cornstarch and water. Combine cornstarch mixture with egg mixture.

Spray an 8 or 9-inch (20 or 23 cm) non-stick skillet with vegetable spray. Heat over medium heat. Pour about 1/3 cup (75 mL) egg mixture into hot skillet. Rotate pan several times so batter covers the bottom of pan. Cook for about 1 minute or until top is set. Loosen edges, turn over and cook for a few seconds longer. Remove onto wire rack to cool. Repeat procedure until all batter is used.

Fill each wrap with about 1/3 cup (75 mL) hot steamed vegetables. Roll up and serve.

**Suggestion for Complete Meal:** Serve with a glass of skim or 1% milk and a whole wheat roll, followed by a fresh plum.

**Tip:** Egg wraps may be made ahead of time. Once egg wraps are cooled, stack them between sheets of waxed paper. Place in an airtight container and keep refrigerated for up to 3 days or freeze for up to 1 month.



# Eggs

## for Healthy Eating



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... tells you it's a healthy choice.

