

2011/2012  
**EGGcellent Resources**  
FOR ALBERTA HEALTH PROFESSIONALS

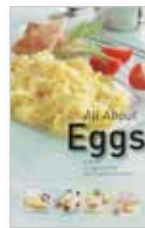
*Looking for quality nutrition resources for your clients or patients?*



### Eggs For Your Baby

Learn why eggs are important, when and how to introduce them... and more.

**Target Audience:** Parents/caregivers of infants



### All About Eggs

Keep this "all-you-wanted-to-know-about eggs" reference/recipe booklet handy!

**Target Audience:** Adults



### Eggs For Healthy Eating

Celebrate the fact that eggs meet the nutritional criteria for the Heart and Stroke Foundation's Health Check™ program by trying these recipes.

**Target Audience:** Adults



### Eggs-posé: FAQs About Eggs

Get answers to two dozen commonly asked questions.

**Target Audience:** Adults



### Egg Allergy

Learn about egg allergies; written in partnership with the Allergy/Asthma Information Association.

**Target Audience:** Adults who have an egg allergy or who care for someone with an egg allergy.



### Eggs and Cholesterol

If you've been avoiding eggs because you're worried about cholesterol – it's time to reconsider.

**Target Audience:** Adults



### Eggs... So Many Choices

Discover the differences between the many types of eggs available today.

**Target Audience:** Adults



### Healthy Choices CD

Includes cholesterol, diet and healthy living booklets, as well as a shopping list, recipe cards, and a copy of Canada's Food Guide. Also available on CD.

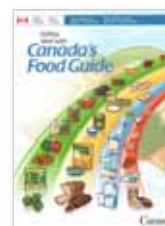
**Target Audience:** Adults



### Good News About Eggs & Cholesterol

Scientific research has shown that eggs are not a concern when it comes to managing cholesterol.

**Target Audience:** Adults



### Eating Well with Canada's Food Guide

[Needs description for this publication]

**Target Audience:**

To order on-line or for more information about eggs and the egg industry, go to [www.eggs.ab.ca](http://www.eggs.ab.ca)

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# EGGcellent Resources

FOR ALBERTA HEALTH PROFESSIONALS

*2011/2012 – Valid until September 2012*

*There is a 100-copy limit for each title unless otherwise indicated. Requests for larger quantities will be considered if details are provided.*

I WANT TO ORDER...	QUANTITY	COST
Resource Sample Pack (limit of 1)	_____	N/C
Eggs For Your Baby	_____	N/C
Eggs For Healthy Eating	_____	N/C
Egg Allergy	_____	N/C
Eggs... So Many Choices	_____	N/C
Good News About Eggs & Cholesterol	_____	N/C
All About Eggs	_____	N/C
Eggs-posé: FAQs About Eggs	_____	N/C
The Facts About Eggs and Cholesterol	_____	N/C
Healthy Choices Kit	_____	N/C
Healthy Choices CD	_____	N/C
Eating Well with Canada's Food Guide	_____	N/C
<b>TOTAL RESOURCE COST + POSTAGE &amp; HANDLING</b>		<b>\$10.00</b>
<b>TOTAL ENCLOSED</b>		\$ <span style="border: 1px solid black; display: inline-block; width: 60px; height: 20px; vertical-align: middle;"></span>

**Work Closely with Schools?**

If so, you may be interested in getting a copy of *EGGcellent Resources for Alberta Teachers, 2009/2010*.

**Want French Materials?**

A number of our publications are available in French. Contact us for more details.

**Keep in Touch.**

Contact us regularly to ensure you stay on top of our newest resources! Why not "book-mark" our website, [www.eggs.ab.ca](http://www.eggs.ab.ca)?

**Questions or Comments?**

Contact us at [info@eggs.ab.ca](mailto:info@eggs.ab.ca) or phone (403) 250-1197 ext. 128  
Toll Free 1-877-302-2344 ext. 128



**4 EASY WAYS TO ORDER RESOURCES**

**Mail**

ALBERTA EGG PRODUCERS  
#101, 90 Freeport Blvd. NE  
Calgary, Alberta T3J 5J9

**Fax** (403) 291-9216

**On-Line** [www.eggs.ab.ca](http://www.eggs.ab.ca)

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Toll Free 1-877-302-2344 ext. 128

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