

2009/2010 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



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 For The Young At Heart

Find out the benefits of eggs for mature adults, and get egg handling/storage tips and recipes.

Target Audience: Mature 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... So Many Choices

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

Target Audience: Adults



Unscrambling Cholesterol

The backgrounder traces the clinical and epidemiological studies on dietary cholesterol. The client/patient sheet of the same name (which comes in pads of 25 sheets) provides helpful tips for making heart healthy food choices.

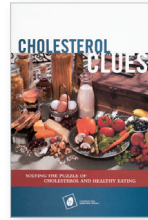
Target Audience: Adults



Good News About Eggs & Cholesterol

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

Target Audience: Adults



Cholesterol Clues

A comprehensive guide to cholesterol, including information about HDL and LDL cholesterol, and how diet and an active lifestyle can affect cholesterol levels in the body.

Target Audience: Adults



Lowering Your Blood Cholesterol

Follow a 6-week program to help lower blood cholesterol through diet, exercise and other lifestyle factors.

Target Audience: Adults diagnosed with high blood cholesterol



Understanding Fats

Learn about fat and ways to keep fat intake at a healthy level.

Target Audience: Adults



All About Eggs

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

Target Audience: Adults



Eggs-posé: FAQs About Eggs

Get answers to two dozen commonly asked questions.

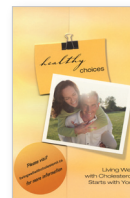
Target Audience: Adults



Eggs and Cholesterol

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

Target Audience: Adults



Healthy Choices Kit

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

Target Audience: Adults

To order on-line or for more information about eggs and the egg industry, go to www.eggs.ab.ca

EGGcellent Resources

FOR ALBERTA HEALTH PROFESSIONALS
2009/2010 – Valid until September 2010

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
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Resource Sample Pack (limit of 1)	_____	N/C
Eggs For Your Baby	_____	N/C
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Eggs For The Young At Heart	_____	N/C
Egg Allergy	_____	N/C
Eggs... So Many Choices	_____	N/C
Unscrambling Cholesterol Backgrounder (limit of 5)	_____	N/C
Unscrambling Cholesterol Tear Sheet Pad (limit of 4)	_____	N/C
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The Facts About Eggs and Cholesterol	_____	N/C
Healthy Choices Kit	_____	N/C

**TOTAL RESOURCE COST
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Get a Free Sample Pack of Resources.

Preview copies of our publications before you order large quantities – a great way to assess their suitability for your clients! Or, view them on-line!

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 “bookmark” our website, www.eggs.ab.ca?

Questions or Comments?

Contact us at info@eggs.ab.ca
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Toll Free 1-877-302-2344 ext. 128

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ORDER RESOURCES**

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