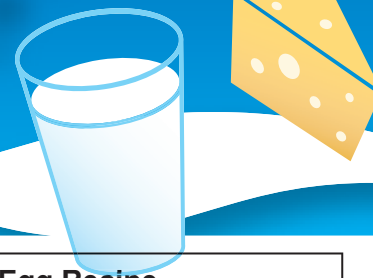


What's new ... in dairy and eggs?



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Eggs are Power-packed with Goodness

A balanced lifestyle includes eating from each of the four food groups. Canada's Food Guide recommends the following number of Food Guide Servings from the four food groups every day. Make each Food Guide Serving count by choosing good quality, healthy foods.

	Children			Teens		Teens			
	2-3	2-3	2-3	14-18 Years		19-50 Years		51+ Years	
	Girls & Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

Recognizing the nutritional value of eggs, Canada's Food Guide includes 2 eggs as one serving under the Meat and Alternatives food group. Eggs are a nutrient-dense food. They provide a high proportion of nutrients for good health. Eggs contain 14 essential nutrients.

Eggs and Memory

Eggs are an excellent source of choline. Choline is known as the memory vitamin because it is an important part of a neurotransmitter that helps preserve the integrity of the electrical transmission across the gaps between nerves. It aids brain function and enhances thinking capacity and memory.

To learn more or to download your copy of Canada's Food Guide, visit the Health Canada website. *Eating Well with Canada's Food Guide* (2007) http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html, Health Canada. Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2007.

Featured Egg Recipe *Leaning Tower Egg in a Mug*

Layers of flavour come together to create the perfect grab and go snack. Try two of these tasty creations to meet your needs for one serving of Meats and Alternatives according to Canada's Food Guide.

2 tbsp	Sweet potato, shredded	30 mL
½ tsp	Butter	2.5 mL
1 tbsp	Salsa	15 mL
1	Egg	1
1 tbsp	Swiss cheese, shredded	15 mL

1. In a mug, cover and microwave shredded sweet potato and butter on high heat for 40 seconds.
2. Spoon in salsa and break egg on top of salsa.
3. Pierce egg yolk with a fork 2 or 3 times.
4. Sprinkle cheese on top.
5. Cover and microwave on high for 50 seconds.
6. Let stand 10 seconds.

Don't have sweet potato on hand? Try with shredded carrot. Serve with a piece of buttered whole grain bread.

Careful: Mug gets very hot!

Cook times vary with different microwaves

Nutrition Information/ 1 Leaning Tower Egg in a Mug:
171.1 Calories; 10.9 g Fat; 10.6 g Protein; 7.5 g Carbohydrate; 1.2 g Sugar; 1 g Fibre; 127.9 µg Vitamin A; 3.6 mg Vitamin C; 0.9 µg Vitamin D; 0.8 mg Vitamin E; 0.1 mg Thiamin; 0.3 mg Riboflavin; 2.6 mg Niacin; 29.4 µg Folate; 0.2 mg Vitamin B6; 1.1 µg Vitamin B12; 146.9 mg Calcium; 1.1 mg Iron; 298.6 mg Sodium; 281.7 mg Potassium

Resources

The 2010 -11 *EGGcellent Resources for Alberta Teachers* resource list and order form is now available via www.eggs.ab.ca or address below. Resources are free of charge, plus a minimal shipping/handling fee.

Contact us for more ideas on intergrating eggs into your classroom: info@eggs.ab.ca.

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Dairy Products

Did you know that two out of three Canadians do not consume the two servings of milk products per day as suggested in *Eating Well with Canada's Food Guide* (<http://www.statcan.gc.ca/daily-quotidien/060706/dq060706b-eng.htm>)?

Consuming sufficient milk and alternatives becomes even more important as students grow. Canada's Food Guide recognizes this and recommends 3-4 servings for children and teens 9-17 years of age. The reason is simple, milk contains the six bone building nutrients of calcium, vitamin D, vitamin A, protein, magnesium and phosphorous.

The majority of bone growth occurs during childhood. There is a 'bone growth spurt' during puberty at 11-14 years of age for girls and 13-17 years of age for boys. We often use the term "bone bank" because bones store the calcium our bodies need. During this crucial growth period, when teens consume enough milk and alternatives, their bone bank becomes full, so during their adult life they will have stronger bones to last a lifetime and be less prone to osteoporosis as they age.

By the time they are 20 years of age, their skeletons are almost complete and by age 30 their bodies begins to break down old bone faster than it can build new bone. Since bone is a living tissue that changes throughout life, people of all ages need to adopt healthy habits that build and keep bones healthy.

Dairy Industry

October 2010 marked a larger availability of locally produced and processed organic milk in Alberta. You'll find it in Safeway stores under the *O Organics* brand. Currently there are eight certified organic dairy producers in Alberta. It takes three years for land to become certificated organic and one year for the cattle. We anticipate other local brands of organic milk will become available in the near future.

Organic milk offers the same nutritional benefits as conventional milk. All milk is produced and processed under strict standards to ensure that it is of the highest quality and is safe. As with all organic foods, it's the process that makes the milk organic. The term

organic refers to production and processing practices. The main difference is that organic milk comes from cows that are fed crops that are organically grown.

Choosing organic products is a personal choice. Now Alberta consumers have a local organic option. Local cows plus local processing and available in a store near you!

Featured Dairy Recipe Jazzberrylicious Smoothie

1 cup	Milk	250 ml
3/4 cup	Blueberry yogurt	175 ml
1/4 cup	Pomegranate juice	60 ml
1 cup	Fresh or frozen Blueberries	250 ml
Handful	Crushed ice (about 4 ice cubes)	

Blend all ingredients until smooth.
Makes about 3 cups (750 ml)

Nutrient Information/ 1 cup (250 ml) serving:
143 Calories; 6 g protein; 24 g carbohydrate; 3 g fat;
186 mg calcium (based on 2% milk)

Resources

- Free class sets of 25 **Smoothies** booklets available. Order form for this and other **free** and low cost resources available at <http://www.moreaboutmilk.com/resources.aspx>
- Great for in class demonstrations, watch our cooking vignettes with Chef John at: <http://www.moreaboutmilk.com/videos.aspx>
- Order your free **Eating Well with Canada's Food Guide** at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
- Check out Alberta Milk's Blog at <http://blog.moreaboutmilk.com> and follow us on Facebook



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