

## FOR MORE INFORMATION:

### **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

### **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.eggssite.com](http://www.eggssite.com)

### **Fédération des producteurs d'œufs de consommation du Québec**

555, boul. Roland-Therrien  
Longueuil, Quebec  
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**

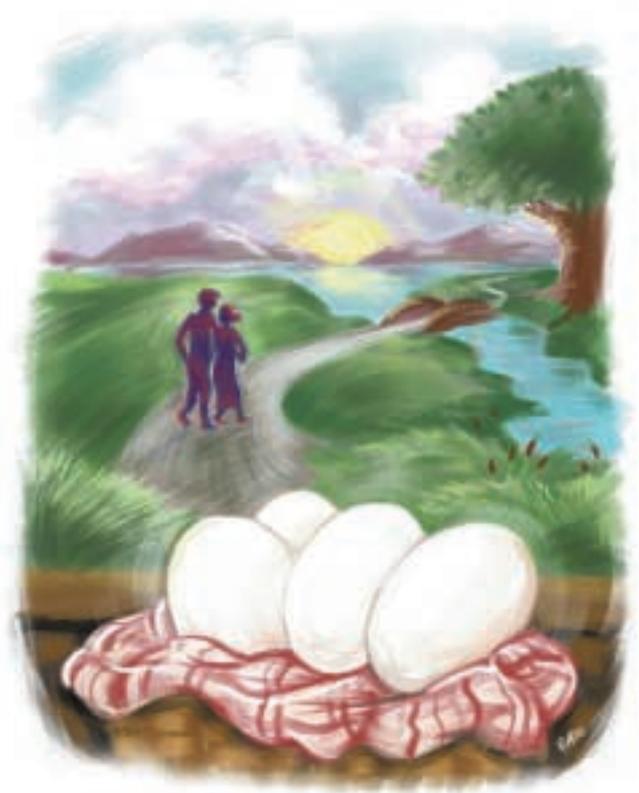
420 University Avenue  
Charlottetown, P.E.I.  
C1A 7Z5

### **Egg Producers of Newfoundland and Labrador**

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

# EGGS

*for the Young  
at Heart*



CANADIAN EGG  
MARKETING AGENCY  
OFFICE CANADIEN DE  
COMMERCIALISATION  
DES OEUFS

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

Providing Good Nutrition  
for Mature Adults

## GOOD NUTRITION THROUGHOUT THE YEARS

Eggs are the perfect food for the “young at heart”. Besides being an excellent source of protein, which helps to keep your skin supple and your muscles strong, eggs provide a wide array of vitamins and minerals. Folate, vitamin B<sub>12</sub>, vitamin D, iron, zinc and phosphorus are all found in egg yolks and are important for your body as they are linked to disease prevention. Vitamin D and phosphorus are crucial for bone health; folate and vitamin B<sub>12</sub> help protect against heart disease; and zinc is important to maintain a strong immune system.



Antioxidants, such as vitamin A, vitamin B<sub>6</sub> and folate, protect the body against some cancers and may slow the aging process.

*Eggs are environmentally friendly; the shells can be composted and, in many locations, the cartons can be recycled.*



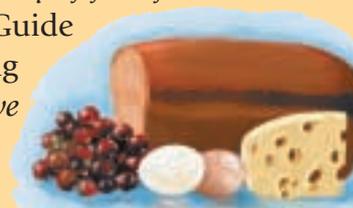
## EGGS – GOOD NEWS FOR YOUR HEART

If you’ve been avoiding eggs because of concerns linking dietary cholesterol and coronary heart disease, it’s time to reconsider. The latest research shows that healthy adults can enjoy an egg **every** day without increasing their risk of heart disease.<sup>1</sup>

Research also shows that limiting dietary cholesterol has only a small effect on lowering the risk of heart disease. In fact, avoiding dietary cholesterol can lead to an unbalanced intake of nutrients, which increases the risk for other health problems.

If you are concerned about your blood cholesterol level, reduce your fat intake – especially saturated and trans fats. These fats are found in foods such as baked goods, pastries, processed foods and whipped toppings.

*A healthy lifestyle that includes regular exercise and a variety of food from Canada’s Food Guide to Healthy Eating will have a positive impact on your health.*



Look at the ingredient list on the food package. If hydrogenated oil is listed, the product contains trans fats. Try to limit your intake of these foods.

## BEYOND BASIC NUTRITION

### See What Eggs Can Provide

Eggs are a good source of two antioxidants, lutein and zeaxanthin, which are important to maintain good vision. Studies have shown that they help prevent age-related macular degeneration (the leading cause of blindness in people over 65) and decrease the risk of cataracts.<sup>2</sup>

According to the American Heart Association, lutein found in egg yolks also protects against the progress of early heart disease.<sup>3</sup>

*Eggs provide some of the best quality protein available. One large egg contains 6 grams of protein.*



### Omega-3 Eggs: Getting the Flax

These eggs are essentially the same as the classic egg but have higher levels of omega-3 polyunsaturated fats. Omega-3 fats are essential fatty acids found mainly in fatty fish and flaxseed. To increase the level found in eggs, hens are fed a special diet that contains 10 to 20% flaxseed.

Omega-3 fats have been linked to a variety of health benefits including improved blood cholesterol, reduced risk of Alzheimer's disease and maintenance of good vision.<sup>4</sup>

**Eggs – An Excellent Source of Choline**  
Health Canada has recently recognized choline as an essential nutrient. Choline, which is found in eggs and dark green leafy vegetables, has been shown to play a strong role in the development of brain function and memory. One egg will provide you with half the amount of choline that you require daily.<sup>5</sup>

### EGG-CELLENT NUTRITION

#### One large egg (50 g) provides:

Energy	71 kcal/297 kJ
Protein	6 g
Fat	5 g
Cholesterol	190 mg
Carbohydrate	0 g

#### Percentage of Recommended Daily Intake:

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

## EGG RECIPES

Served alone or in combination with other foods, eggs are delicious for any meal occasion.

### MICROWAVED EGGS

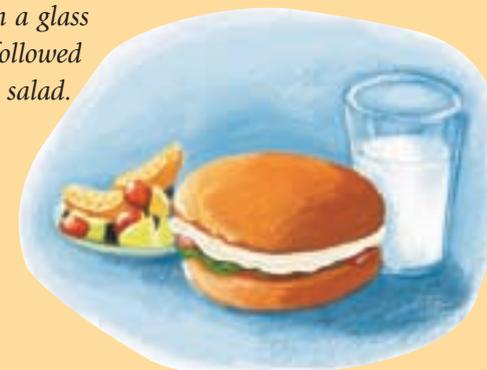
**Preparation:** 1 minute **Cooking:** 45 seconds  
**Standing:** 1 minute

In a mug, small dessert bowl or ramekin, microwave 1/2 tsp (2 mL) butter on HIGH (100%) for about 15 seconds. Rotate bowl to butter all sides. Crack one egg into bowl. Pierce egg yolk with a toothpick or fork. Cover with plastic wrap leaving a small steam vent. Microwave on MEDIUM-HIGH (70%) for 45 seconds to 1 minute or until cooked as desired. Before serving, let stand for 1 to 2 minutes without removing the plastic wrap. Makes 1 serving. *For a complete meal, serve with whole wheat toast, a wedge of cheese and orange juice.*

### EGG BURGER

**Preparation:** 2 minutes **Cooking:** 2 minutes

Top a fried or microwaved egg with a slice of cheese. Place egg in a warmed hamburger bun. If desired, add lettuce and a slice of tomato. Makes 1 serving. *For a complete meal, serve with a glass of milk, followed by a fruit salad.*



## PICKLED EGGS

**Preparation:** 5 minutes **Cooking:** 12 minutes  
**Standing:** 2 days

Divide 12 peeled hard-cooked eggs between two 1 quart (1 L) jars fitted with lids. In a small saucepan, mix together 1 cup (250 mL) white vinegar, 1 cup (250 mL) water, 1 tbsp (15 mL) sugar, 2 tsp (10 mL) pickling spices and 1 tsp (5 mL) salt. Cover and bring to a boil. Reduce heat to low and simmer for 10 minutes. Strain liquid through a cheese-cloth, if desired, and pour half of the hot vinegar mixture into each jar; cover with lid. Refrigerate at least 2 days before serving. Pickled eggs will keep for one month in the refrigerator.

For a quick method of pickling eggs, place hard-cooked eggs in pickle or pickled beet juice. Refrigerate at least 2 days before serving.

## FRITTATA

**Preparation:** 8 minutes **Cooking:** 13 minutes

Whisk 8 eggs with 1/2 cup (125 mL) water or broth. Season with salt and pepper, to taste, and add 2 cups (500 mL) chopped cooked vegetables, meat, chicken or seafood. Melt 2 tbsp (30 mL) butter in a 10-inch (25 cm) ovenproof skillet over medium heat. Pour in egg mixture. Cook over low to medium heat until eggs are almost set but still moist on the surface, about 10 to 15 minutes, lifting the edges to allow uncooked egg to run to the bottom of the pan. Sprinkle top with 1/2 cup (125 mL) grated cheese. Place under broiler until cheese melts, about 3 minutes. Cut into wedges to serve. Makes 4 servings. *For a complete meal, serve with a tossed salad and a roll, followed by a peach.*

For a copy of *Canada's Food Guide to Healthy Eating*, visit

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

For a copy of *Canada's Physical Activity Guide to Healthy Active Living for Older Adults*, visit

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

or contact your local public health department.

### References:

1. Hu et al, 1999. A prospective study of egg consumption and risk of cardiovascular disease in men and women. *JAMA* 218(15)1387-1394
2. Moeller et al, 2000. The potential role of dietary xanthophylls in cataract and age-related macular degeneration. *J. Am. Coll. Nutr.*19(5)522s-527s
3. Dwyer et al, 2001. Oxygenated carotenoid lutein and progression of early atherosclerosis. *Circulation.* 103. 2922-2927
4. Connor, 2000. Importance of n-3 fatty acids in health and disease. *Am. J. Clin. Nutr.* 71:1715-1755
5. Zeisel, 2000. Choline: Needed for normal development of memory. *J. Am. Coll. Nutr.* 19(5)528s-531s

## HANDLING EGGS WITH CARE

### At the Supermarket

Buy clean, uncracked Canada grade A eggs stored in refrigerated display cases. Check the “best before” date on the carton; this indicates how long eggs will maintain their grade A quality.

### At Home

Keep eggs fresh by storing them in their original carton in the main body of the refrigerator. The carton protects eggs from absorbing flavours and odours from other foods, and serves as a reminder of the “best before” date.

Serve eggs and egg-rich foods immediately after cooking or refrigerate until ready to serve. Leftover egg dishes should be reheated completely.

Raw eggs can be frozen. Whisk eggs until blended and place in an airtight container. When ready to use, thaw in the refrigerator. Use in dishes that will be thoroughly cooked. Substitute 3 tablespoons (45 mL) thawed whole egg for 1 large egg.

### STORING EGGS (REFRIGERATED)

Consume	Time
Fresh shell eggs	by “best before” date
Leftover yolks or whites	within 2 to 4 days
Hard-cooked eggs	within 1 week
Prepared egg dishes	within 3 to 4 days
Pickled eggs	within 1 month
Frozen whole eggs (blended)	within 4 months