

Spring Has Sprung!

Eggs have long been a symbol of spring and rebirth. So let's have a new look at eggs as a great source of low calorie, high quality nutrition.



Eggs are a naturally nutrient-dense food, which means they have a high proportion of nutrients to calories. One large egg has 70 calories and provides 13 essential nutrients in varying amounts. Eggs are an excellent source of choline and a good source of the highest quality protein and riboflavin. Many of the egg's incredible nutrients are found in the egg yolk, including choline, folate, lutein, zeaxanthin and vitamin D. The yolk also includes healthy monosaturated and polyunsaturated fats and almost half of the high-quality protein found in eggs

Science Sets the Record Straight

A 2007 study of 9,500 people reported in *Medical Science Monitor* showed that eating one or more eggs a day did not increase the risk of heart disease or stroke among healthy adults, and that eating eggs may be associated with a decrease in blood pressure. Also in 2007, researchers showed that egg consumption contributed less than 1 percent of the risk for heart disease when other risk factors were taken into account. The researchers concluded that broad recommendations to limit egg consumption may be misguided, particularly when eggs' nutritional contributions are considered.

"People should feel secure with the knowledge that the literature shows regular egg consumption does not have a measurable impact on heart disease risk for healthy adults," says Stephen Kritchevsky, Ph.D., director of the J. Paul Sticht Center on Aging at Wake Forest University. "In fact, many countries with high egg consumption are notable for low rates of heart disease.



Five More Reasons to "Heart" Your Eggs

Nutrient-rich, all-natural eggs are a welcome addition to any diet. One egg has 13 essential vitamins and minerals, high-quality protein, healthy unsaturated fats and antioxidants, for only 70 calories. Eggs' nutrient package aids in the following:

- **Weight management:** The high-quality protein in eggs helps you to feel full longer and stay energized, which contributes to maintaining a healthy weight.
- **Muscle strength and muscle-loss prevention:** Research indicates that high-quality protein may help active adults build muscle strength and help prevent muscle loss in middle-aged and aging adults.
- **Healthy pregnancy:** Egg yolks are an excellent source of choline, an essential nutrient that contributes to fetal brain development and helps prevent birth defects. Two eggs provide about 250 milligrams of choline, or roughly half of the recommended daily intake for pregnant and breastfeeding women.
- **Brain function:** Choline also aids the brain function of adults by maintaining the structure of brain cell membranes, and is a key component of the neurotransmitter that helps relay messages from the brain through nerves to the muscles.
- **Eye health:** Lutein and zeaxanthin, two antioxidants found in egg yolks, help prevent macular degeneration, a leading cause of age-related blindness. Though eggs contain a small amount of these two nutrients, research shows that the lutein from eggs may be more bioavailable than lutein from other food sources.



Muffin Frittatas

Prep Time: 10 minutes | Cook Time: 20 to 22 minutes | Makes: 6 servings



What You Need

- 6 EGGS
- 1/2 cup milk
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 cup shredded Cheddar cheese (4 oz.)
- 3/4 cup chopped zucchini
- 1/4 cup chopped red bell pepper
- 2 Tbsp. chopped red onion

Here's How

HEAT oven to 350°F. **BEAT** eggs, milk, salt and pepper in medium bowl until blended. **ADD** cheese, zucchini, bell pepper and onion; mix well. **SPOON** evenly into 12 greased muffin cups, about 1/4 cup each.

BAKE in 350°F oven until just set, 20 to 22 minutes. **COOL** on rack 5 minutes. **REMOVE** from cups; serve warm.

Enjoy

Muffin frittatas are great as an appetizer as well as for **breakfast**.

Insider Info

Quick breakfast solution: Bake muffin frittatas the night before and refrigerate. Quickly re-warm in the microwave in the morning.

Lighter Option: Recipe can be made with reduced-fat cheese, if desired.

Nutrition Info

calories: 163	dietary fiber: 0g
total fat: 12g	protein: 12g
saturated fat: 6g	vitamin A: 696.2IU
polyunsaturated fat: 1g	vitamin D: 28.5IU
monounsaturated fat: 4g	folate: 35.9mcg
cholesterol: 233mg	calcium: 189.9mg
sodium: 294mg	iron: 1.1mg
carbohydrates: 3g	choline: 134.0mg

Excellent Source: protein and choline

Good Source: vitamin A and calcium

Credit: information available from the National Egg Board