
Easy & Delicious

Scrambled
“Fried”
Omelet
Soufflé
Frittatas
Quiche
Burritos
Quesadillas
Casseroles
Meatless Meals
Endless Variety!

Healthy Combos!

Add sauté vegetables to scrambled eggs and omelets

Top salads with hard boiled eggs

Pair eggs with low fat cheese and lean meats (turkey, ham, tuna, sliced chicken)

Pair eggs with potatoes and whole grains

FACT VS. FICTION

MYTH: Eggs are not heart healthy because they contain too much cholesterol and it goes straight to your bloodstream and then into your arteries.

FACT: Eggs do have a lot of cholesterol. The average large egg contains 185-212 mg of cholesterol. The recommended daily intake of cholesterol is <300 mg.

However, for most people, only a small amount of the cholesterol in food passes into the blood. Saturated and trans fats have much bigger effects on blood cholesterol levels.

Recent reviews of scientific studies found that eating 1-2 eggs per day is safe for healthy people, especially if you cut back on saturated and trans fats. Other ways to enjoy eggs without worrying about cholesterol include using egg whites or yolk-free egg substitutes.

http://www.health.harvard.edu/press_releases/egg-nutrition

Feed Our Future

Cooking Matters Workshop II

A Good Egg!



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Nutritious

Eggs are a good source of high quality protein, Vitamins A & D, and B vitamins.

Protein provides the building blocks of body, and is especially important for growth and development.

Vitamin D works along with calcium and phosphorus to maintain strong bones and teeth. Having adequate Vit D levels may also help fight against a variety of chronic conditions, such as diabetes.

Vitamin A is essential for vision, and plays an important role in healthy skin and bone growth. Carotenoids are also powerful antioxidants.

B Vitamins allow the production and use of energy from other nutrients.

Nutrition Facts			
Serving Size 1 egg (50g)			
Servings per Container 12			
Amount Per Serving			
Calories 70		Calories from Fat 45	
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	185mg		62%
Sodium	70mg		3%
Potassium	70mg		2%
Total Carbohydrate	0g		0%
Protein	6g		12%
Vitamin A 6% * Vitamin C 0%			
Calcium 2% * Iron 4%			
Vitamin D 10% * Thiamin 0%			
Riboflavin 15% * Vitamin B6 4%			
Folate 6% * Vitamin B12 8%			
Phosphorus 10% * Zinc 4%			
Not a significant source of dietary fiber and sugars.			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Budget Friendly

Eggs are one of the most affordable sources of high quality protein.

Use healthy, affordable proteins like **beans, eggs, and canned fish** several times per week.

Replace half the ground meat in tacos with your favorite beans.

Use canned tuna or salmon in your next casserole. Or top a salad with hardboiled eggs.

Time-saving tip: Dried beans are great when you have the time to soak them, but canned beans are a great time-saver for weeknight meals. Rinse and drain before using to cut the sodium by almost half, or look for low-sodium or no-salt-added versions.