



# EGG NUTRITION

## RESOURCES & RECIPES TOOLKIT

Eggs are all they're cracked up to be, and more! Inside this toolkit, find delicious, nutritious and shareable recipes and resources that highlight the *Incredible Egg*.





# EGGS ARE ALL THEY'RE *Cracked* UP TO BE, AND MORE!

Eggs are all-natural and packed with important nutrients – protein, vitamins and minerals. Whether fried, scrambled or poached, nutrient-rich eggs can be **enjoyed your way, every day!**

## HERE ARE A FEW **INCREDIBLE** REASONS TO ENJOY EGGS:

1

### HIGH-QUALITY PROTEIN

6g per large egg and one of the least expensive sources of high-quality protein at 15 cents each.

2

### NUTRIENT DENSE

For only 70 calories, eggs are a good or excellent source of eight essential nutrients, and also contain 252 mcg of the carotenoids lutein and zeaxanthin.

3

### EGG BENEFITS

The nutrient package of eggs can help support brain, eye, muscle, and gestational health, and may play a role in weight management.

4

### PORTION CONTROLLED

Eggs are nature's form of portion control. Each nutrient-rich egg has 70 calories.

# HOW TO USE THIS TOOLKIT

The Egg Nutrition Center’s (ENC) Toolkit contains shareable resources all highlighting the nutritional benefits of eggs. Inside you’ll find a dozen topics that provide key information, research findings and examples of how eggs can be a practical nutrition solution. Make the most out of your toolkit by using these **eggcellent** resources with your clients or community!

## KEY MESSAGES

Looking for information to share with your clients, during media interviews, or in blog posts and newsletters? This section provides interesting facts, research findings and key takeaways on each topic.

## SOCIAL MEDIA POSTS

Share the social media posts included within each topic, which have links to recipes, resources and information that will keep your followers engaged and up-to-date.

## YOUR EGGS, YOUR WAY

Learn the basics of cooking eggs through our 1, 2, 3 photo instruction series. This tool provides practical guidance on simple cooking techniques to share with consumers.

## HANDOUTS

ENC has a wide variety of educational tools available for use. Each topic area spotlights a different handout that can be downloaded and shared with your clients and community.

## RECIPES

Great egg recipes are only a click away. Go to [EggNutritionCenter.org](http://EggNutritionCenter.org) to find collections of recipes that meet a variety of needs. You’ll find categories such as fitness focused, heart-check certified, vegetarian, kid-friendly and put an egg on it. All recipes are dietitian approved!

## SHAREABLE CONTENT

Translating complex information or research findings can be challenging. Capture your audiences’ attention with our free digital graphics and videos that will do the job for you.

**Questions on the studies cited or information included?**

Contact us at [ENC@eggnutritioncenter.org](mailto:ENC@eggnutritioncenter.org)

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# PROTEIN

## EGGS ARE AN *All-Natural*, HIGH-QUALITY PROTEIN POWERHOUSE

With 6 grams of high-quality protein per large egg and all nine essential amino acids, eggs are an MVP (Most Valuable Protein\*).

Protein is an important part of an overall healthy diet. This macronutrient helps build and maintain muscle tissue in adults. Diets higher in protein have also been shown to help people feel full and satisfied after eating, helping to control their appetite and support a healthy body weight.

## Spread the Word

### NOTHING SAYS LUNCH LIKE A PROTEIN-PACKED SANDWICH!

This egg sandwich is ready in just 15 minutes and contains 21 grams of protein. Mix things up at lunch with this not-so-classic recipe: [EggNutritionCenter.org/EggSandwich](https://EggNutritionCenter.org/EggSandwich)

### EATING ON-THE-GO?

Roll your salad into a wrap and power through the day. 38 grams of protein in this recipe! [EggNutritionCenter.org/OnTheGo](https://EggNutritionCenter.org/OnTheGo)

### IS YOUR PROTEIN A MVP?

Learn the benefits of high-quality protein: [EggNutritionCenter.org/ProteinMVP](https://EggNutritionCenter.org/ProteinMVP)

### KEY MESSAGES

- Eggs contain high-quality protein with all of the essential amino acids.
- Research shows that eating meals with 20-40 grams of protein, such as egg protein, helps promote muscle protein synthesis.
- Nearly half of the egg's protein is in the yolk. So eat the whole egg for all the protein.



\*Egg proteins, like milk and beef proteins, are readily digestible and contain all the essential amino acids.

# Your Eggs – Your Way



Download the Your Eggs Your Way Sheet @ [EggNutritionCenter.org/YourEggsYourWay](https://EggNutritionCenter.org/YourEggsYourWay)

**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT PROTEIN.



## Mixed Vegetable Frittata

Download recipe @ [EggNutritionCenter.org/MixedVegetableFrittata](https://EggNutritionCenter.org/MixedVegetableFrittata)



# FITNESS

## NUTRITION IS AN IMPORTANT ASPECT OF ATHLETIC *Performance*

Whether for professional sports or weekend activities, a person's nutrient intake matters for muscle health, endurance and fitness. It is important for all active individuals to follow a healthy eating pattern to ensure they get adequate vitamins, minerals and other nutrients like protein.

Dietary protein helps support muscle health in active people of all ages. Eating 20-40 grams of protein sources rich in essential amino acids, such as egg or whey, has been shown to promote muscle growth and repair. The total amount of protein consumed each day is important too. Current recommendations for most exercising individuals is 1.2-2.0 grams of protein/kilogram body weight/day.



### KEY MESSAGES

- Watch calorie intake! People often don't burn as many calories during physical activity as they think, so they eat more than they should. Some people may find that exercise makes them hungrier.<sup>1</sup>
- Eating protein foods during or after exercise helps muscle growth and repair. High-quality protein, such as that found in eggs, provide all the essential amino acids.
- Active individuals should follow a healthy eating pattern that includes not only high-quality protein sources like eggs, but also fruits, vegetables, whole grains and other nutritious foods to meet their nutrient needs.

#### REFERENCES:

1. Maraki M, Tsoliou F, Pitsiladis YP, et al. Acute effects of a single exercise class on appetite, energy intake and mood. Is there a time of day effect? *Appetite* 2005;45:272-278.

# Spread the Word

**f** **EATING PROTEIN CAN SUPPORT MUSCLE HEALTH.** To get the most out of protein think quality, quantity and timing. [EggNutritionCenter.org/Protein4Fitness](http://EggNutritionCenter.org/Protein4Fitness)

**t** **DOES PROTEIN TYPE MATTER?** High-quality protein has all of the essential amino acids required for muscle health. [EggNutritionCenter.org/Matters](http://EggNutritionCenter.org/Matters)

**t** **EGGS HAVE A UNIQUE NUTRIENT PACKAGE.** They not only include protein, but also vitamins, minerals, fats and other compounds that support muscle health. [EggNutritionCenter.org/MuscleHealth](http://EggNutritionCenter.org/MuscleHealth)

**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT FITNESS.



**▶ FITNESS VIDEO**

Watch the video @ [EggNutritionCenter.org/FitnessVideo](http://EggNutritionCenter.org/FitnessVideo)

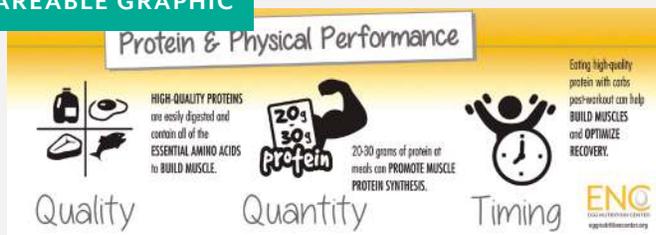


**🍴 RECIPE IDEA**

## Spicy Bean Breakfast Burrito

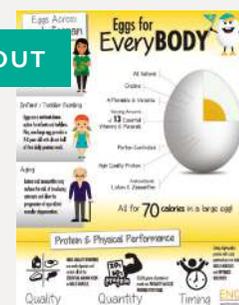
Download recipe @ [EggNutritionCenter.org/SpicyBeanBreakfastBurrito](http://EggNutritionCenter.org/SpicyBeanBreakfastBurrito)

**➡ SHAREABLE GRAPHIC**



PROTEIN & PHYSICAL PERFORMANCE  
[EggNutritionCenter.org/PhysicalPerformanceGraphic](http://EggNutritionCenter.org/PhysicalPerformanceGraphic)

**📄 HANDOUT**



EGGS FOR EVERYBODY  
[EggNutritionCenter.org/EggsForEverybody](http://EggNutritionCenter.org/EggsForEverybody)

# COGNITION

## EGGS CONTAIN IMPORTANT *Nutrients* FOR BRAIN HEALTH

Eggs are among the few foods that supply both choline and lutein<sup>1</sup>, nutrients that are important for brain development and health.

Choline is essential for early brain development during pregnancy and infancy. Most Americans, including pregnant women, do not consume enough choline in their daily diet. The good news is that a healthy eating pattern that includes eggs can help supply adequate choline and other important nutrients.

Lutein has long been associated with eye health and emerging research shows lutein may also play a role in cognition. Similar to how lutein accumulates in the eye, lutein and zeaxanthin are also predominate infant brain carotenoids, suggesting a critical need during neural development. Observational studies also indicate that higher lutein intake is linked to reduced risk of mild cognitive impairment, all-cause dementia and Alzheimer's disease in aging adults.<sup>2,3</sup>

### KEY MESSAGES

- Choline and lutein, two important nutrients for brain health, are found in eggs (150 mg and 252 mcg/large egg, respectively).
- Choline is not found in high quantities in many foods typically consumed by Americans. However, eggs have one of the highest amounts of choline of any food.
- Eating eggs has been associated with improved cognitive performance in adults.<sup>4</sup>

#### REFERENCES:

1. USDA National Nutrient Database (#01123).
2. Fearf C, et al. Plasma Carotenoids Are Inversely Associated With Dementia Risk in an Elderly French Cohort. *J Gerontol A Biol Sci Med Sci.* 2016;71(5):683-8.
3. Wang W, et al. Nutritional biomarkers in Alzheimer's disease: the association between carotenoids, n-3 fatty acids, and dementia severity. *J Alzheimers Dis.* 2008;13(1):31-8.
4. Ylilauri MPT, et al. Association of dietary cholesterol and egg intakes with the risk of incident dementia or Alzheimer disease: The Kuopio Ischaemic Heart Disease Risk Factor Study. *Am J Clin Nutr.* 2016;105:476-484.

# Spread the Word



**LIFECYCLE VIDEO**

Two whole eggs a day provide more than half of the choline most people need.

Watch the video @ [Incredibleegg.org/LifeCycleVideo](https://Incredibleegg.org/LifeCycleVideo)

**f ABOUT 90% OF ADULTS** including pregnant women do not consume enough choline. Two large eggs supply more than half of the recommended intake for pregnant women and can help them meet their needs. [EggNutritionCenter.org/CholineIntake](https://EggNutritionCenter.org/CholineIntake)



**RECIPE IDEA**

## Spicy Sriracha Baked Avocado Eggs

Download recipe @ [EggNutritionCenter.org/SrirachaBakedAvocadoEggs](https://EggNutritionCenter.org/SrirachaBakedAvocadoEggs)

**THE CAROTENOID LUTEIN** is not just for eyes but important for brain health too. Learn more here: [EggNutritionCenter.org/Lutein](https://EggNutritionCenter.org/Lutein)

**SMART BREAKFAST EATERS** liven up traditional oatmeal with eggs for a choline & lutein boost. Support brain health with this sweet and savory breakfast bowl: [EggNutritionCenter.org/BreakfastBowl](https://EggNutritionCenter.org/BreakfastBowl)

**DOWNLOAD THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT COGNITION.**

**SHAREABLE GRAPHICS**



**COGNITIVE ICON**  
[EggNutritionCenter.org/Cognitivelcon](https://EggNutritionCenter.org/Cognitivelcon)



**Eating eggs may improve cognitive performance**  
[EggNutritionCenter.org/CognitiveGraphic](https://EggNutritionCenter.org/CognitiveGraphic)

**HANDOUT**



**EGG NUTRIENTS FOR HEALTH**  
[EggNutritionCenter.org/EggNutrientsForHealth](https://EggNutritionCenter.org/EggNutrientsForHealth)

# PREGNANCY & BIRTH *to* 24 MONTHS

## LIFELONG NUTRITION STARTS WITH *Pregnancy* (& eggs of course!)

What moms eat and drink during pregnancy benefits their health and the health of their growing baby. That's why doctors advise moms to eat a balanced diet and take prenatal vitamins to be sure mom and baby get all the nutrients they need. Eggs contain nutrients that are beneficial for mom and baby such as choline, protein and a variety of other vitamins and minerals. Choline is important for fetal brain development and is also associated with reduced risk of neural tube defects.

When it comes time to feed baby solids, moms want to know what's best. Advice has changed regarding when to feed allergenic foods to infants. Research suggests that introducing allergenic foods, like eggs, into the diet of infants earlier (4 to 6 months) may actually lower their chances of developing food allergies. With the okay of a pediatrician, infants can enjoy the yumminess and benefits of nutritious foods like eggs, peanuts, fish and dairy.

Flavor and food preferences are established early and can influence an infant's acceptance of healthy foods. A mother's diet during pregnancy and lactation, as well as repeatedly exposing young children to a variety of nutritious foods can help to establish lifelong healthy eating patterns.<sup>1</sup>

### KEY MESSAGES

- The 2015-2020 Dietary Guidelines for Americans name choline as a nutrient that pregnant women and most adults underconsume. Two eggs supply nearly 300 mg of choline, more than half the amount recommended for pregnant women.
- Introduce infants to a wide variety of nutritious foods to help them learn to like the foods and establish healthy eating patterns early on.
- The approach to introducing allergenic foods to infants has changed. Feeding common food allergens, such as eggs, when a baby is developmentally ready (between 4 – 6 months) may actually lessen the chances of developing an allergy to that food.

#### REFERENCES:

1. Mennella JA, Trabulsi JC. Complementary foods and flavor experiences: setting the foundation. *Ann Nutr Metab.* 2012;60 Suppl 2:40-50.



# Spread the Word

## 3 THINGS TO KNOW ABOUT FEEDING *your* BABY



▶ INFANT VIDEO

Watch the video @ [EggNutritionCenter.org/InfantVideo](http://EggNutritionCenter.org/InfantVideo)

**f** **WHEN SHOULD YOU INTRODUCE COMMON FOOD ALLERGENS TO BABY?** Research shows earlier may be better! [EggNutritionCenter.org/FoodAllergens](http://EggNutritionCenter.org/FoodAllergens)

**t** **THINK BEYOND CEREAL -** introduce infants to a wide variety of nutritious foods! [EggNutritionCenter.org/ThinkBeyondCereal](http://EggNutritionCenter.org/ThinkBeyondCereal)

**t** **MOM-TO-BE NEEDS CHOLINE** for her baby's brain and eggs are a great source. [EggNutritionCenter.org/MomToBe](http://EggNutritionCenter.org/MomToBe)

**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT BIRTH TO 24 MONTHS.

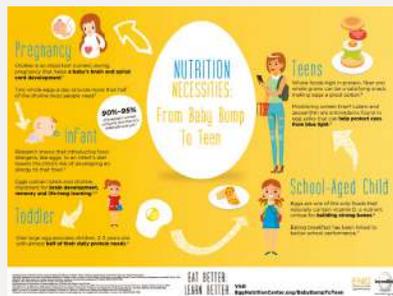
RECIPE IDEA



## Coffee Cup Scramble

Download recipe @ [IncredibleEgg.org/CoffeeCupScramble](http://IncredibleEgg.org/CoffeeCupScramble)

HANDOUT



NUTRITION NECESSITIES  
[EggNutritionCenter.org/NutritionNecessities](http://EggNutritionCenter.org/NutritionNecessities)

HANDOUT



EGGS FOR MATERNAL & INFANT HEALTH  
[EggNutritionCenter.org/EggsForMomAndBaby](http://EggNutritionCenter.org/EggsForMomAndBaby)

# BREAKFAST

BUILD A **BETTER Breakfast** WITH EGGS



Start the day off right with a higher protein breakfast including eggs. Compared to a bagel-based breakfast, eggs have been shown to help dieters lose more weight and feel more energetic.

Research supports the nutritional benefits of consuming eggs as part of a healthy dietary pattern. It's important to keep in mind the company eggs keep. Pair eggs with other nutritious foods such as whole grains, fruits, veggies and low-fat or fat-free dairy products.



At an average price of less than 15 cents per egg, eggs are among the easiest, most nutritious and most economical breakfast foods.

## Spread the Word

**f** **SHORT ON TIME?** A nutritious breakfast doesn't need to take all morning. Scramble eggs in a coffee mug and pair with your favorite fruit, vegetable and/or a glass of milk. [EggNutritionCenter.org/CoffeeCupScramble](http://EggNutritionCenter.org/CoffeeCupScramble)

**t** **LOOKING TO GET MORE OUT OF BREAKFAST?** #putaneggonit for extra protein, nutrients and flavor! [EggNutritionCenter.org/ExtraProtein](http://EggNutritionCenter.org/ExtraProtein)

**t** **HERE ARE SOME REASONS** busy families should make time for a balanced #breakfast with eggs: [EggNutritionCenter.org/Reasons](http://EggNutritionCenter.org/Reasons)

### KEY MESSAGES

- A protein-rich breakfast is the “weigh” to go. When compared to a bagel-based breakfast, eating eggs for breakfast can help people lose more weight, feel more energetic and eat fewer calories at lunch.<sup>1,2</sup>
- On average, Americans consume a lower amount of protein at breakfast compared to lunch or dinner.<sup>3</sup> Eating 20-40 grams of high-quality protein at meals may promote muscle protein synthesis. Each large egg provides 6 grams of protein, with nearly half in the yolk.
- Rethink the company eggs keep. Pair eggs with other nutritious foods such as whole grains, fruits, vegetables and low-fat or fat-free dairy.

#### REFERENCES:

1. Vander Wal JS, et al. Egg breakfast enhances weight loss. *Int J Obes (Lond)*. 2008;32(10):1545-1551.
2. Vander Wal JS, et al. Short-term effect of eggs on satiety in overweight and obese subjects. *J Am Coll Nutr*. 2005;24(6):510-5.
3. What We Eat in America, NHANES 2015-2016. Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

# Your Eggs – Your Way

## 🥚 BASIC FRIED EGGS



1



2



3

Download the Your Eggs Your Way Sheet @ [EggNutritionCenter.org/YourEggsYourWay](https://EggNutritionCenter.org/YourEggsYourWay)

**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT BREAKFAST.

## 🍴 RECIPE IDEA



## Edamame, Sweet Pea & Egg Breakfast Tortilla

Download recipe @ [EggNutritionCenter.org/EdamameTortilla](https://EggNutritionCenter.org/EdamameTortilla)

## 📄 HANDOUT

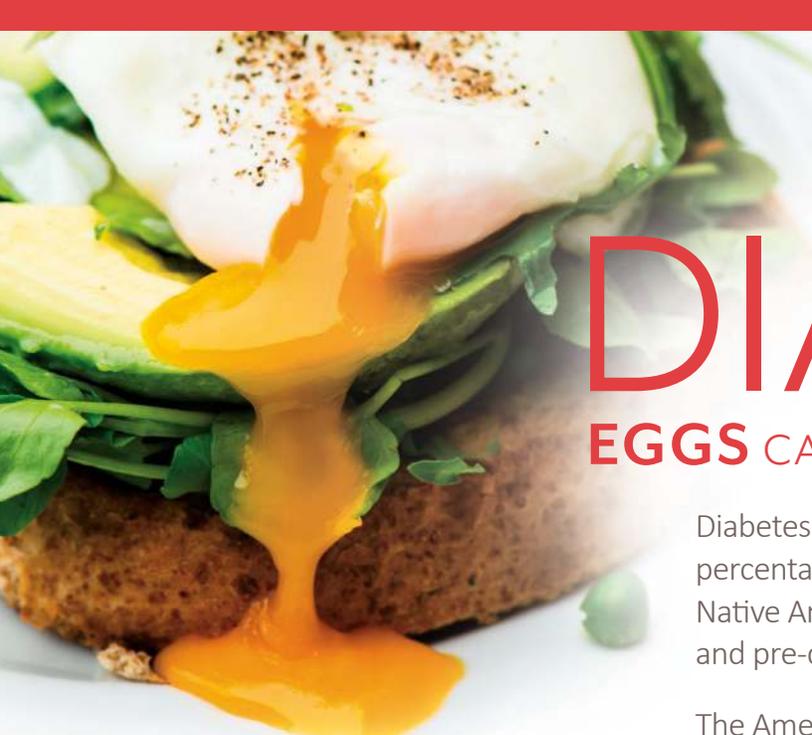


BETTER BREAKFAST  
[EggNutritionCenter.org/BetterBreakfast](https://EggNutritionCenter.org/BetterBreakfast)

## 📱 SHAREABLE GRAPHIC



PUT AN EGG ON IT LOGO  
[EggNutritionCenter.org/PutAnEggOnIt](https://EggNutritionCenter.org/PutAnEggOnIt)



# DIABETES

## EGGS CAN ENHANCE A *Diabetes* DIET

Diabetes affects over 30 million Americans, including higher percentages of older adults, Hispanics, African Americans and Native Americans. And the number of people with diabetes and pre-diabetes continues to grow.<sup>1</sup>

The American Diabetes Association and American Heart Association encourage people with diabetes to eat a healthy dietary pattern that includes nutrient-dense foods. Eggs fit perfectly into a diabetic diet offering a good or excellent source of eight essential nutrients, including 6 grams of protein and the carotenoids lutein and zeaxanthin (252 mcg/large egg). Research shows that people with diabetes can consume eggs as part of an overall healthy diet without negatively impacting heart disease risk factors.<sup>2,3</sup>

## Spread the Word

**f** **50% OF HISPANIC MEN AND WOMEN AND NON-HISPANIC BLACK WOMEN ARE PREDICTED TO DEVELOP DIABETES OVER THEIR LIFETIME.**<sup>1</sup> Eggs can be part of a healthy diet for those with type 2 diabetes – they have high-quality protein, essential nutrients and no added sugar. [EggNutritionCenter.org/Eggs4Diabetes](http://EggNutritionCenter.org/Eggs4Diabetes)

**t** **LIGHTEN UP YOUR CLASSIC STUFFED PEPPER RECIPE USING QUINOA & EGGS!** Added bonus, this recipe has only 210 cal/serving. [EggNutritionCenter.org/LightenUp](http://EggNutritionCenter.org/LightenUp)

**t** **SWAP ZOODLES AND OTHER VEGGIE NOODLES FOR PASTA TO LOWER THE CARBS IN ITALIAN DISHES.** #putaneggonit for extra protein. [EggNutritionCenter.org/SwapZoodles](http://EggNutritionCenter.org/SwapZoodles)

### KEY MESSAGES

- Weight loss is an important goal for people with diabetes and can help make the body more sensitive to insulin and reduce the need for certain diabetes medications. Eggs have little or no effect on blood glucose levels and can be part of a weight loss diet for diabetes.
- Eggs may have a positive effect on risk factors associated with type 2 diabetes. After eating 2 eggs a day for 3 months, a group of adults with diabetes lost weight, body fat and inches from their waistline.<sup>4</sup>
- A higher protein diet can help people feel full and maintain a healthy weight. In one weight loss study, people with type 2 diabetes reported feeling less hungry after eating 2 eggs at breakfast.<sup>3</sup>

#### REFERENCES:

1. Center for Disease Control and Prevention. Diabetes Quick Facts. Accessed 9/19/19.
2. Ballesteros MN, et al. One egg per day improves inflammation when compared to an oatmeal based breakfast without increasing other cardiometabolic risk factors in diabetic patients. *Nutrients*. 2015;7:3449-3463.
3. Fuller NR, et al. The effect of a high-egg diet on cardiovascular risk factors in people with type 2 diabetes: the Diabetes and Egg (DIABEGG) study – a 3-mo randomized controlled trial. *2015 Apr;101(4):705-13*.
4. Njike VY, et al. Egg ingestion in adults with type 2 diabetes: effects on glycemic control, anthropometry, and diet quality—a randomized, controlled, crossover trial. *BMJ Open Diabetes Res Care*. 2016 Dec 22;4(1):e000281. doi: 10.1136/bmjdr-2016-000281. eCollection 2016.

# Your Eggs – Your Way



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**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT DIABETES.

**RECIPE IDEA**

## Quinoa Stuffed Peppers with Egg

Download recipe @ [EggNutritionCenter.org/QuinoaStuffedPeppers](http://EggNutritionCenter.org/QuinoaStuffedPeppers)

**Eggs and Diabetes: FAQ**

**HANDOUT**

**EGGS AND DIABETES FAQ**  
[EggNutritionCenter.org/DiabetesFAQ](http://EggNutritionCenter.org/DiabetesFAQ)

**Why Eggs?**

- ✓ Nutrient-Packed <sup>700</sup>
- ✓ Power Snack
- ✓ No Added Sugar
- ✓ Affordable <sup>\$</sup>

**SHAREABLE GRAPHIC**

**WHY EGGS**  
[EggNutritionCenter.org/WhyEggs](http://EggNutritionCenter.org/WhyEggs)

# BACK TO SCHOOL

EGGS GET AN **(A+)** FOR NUTRITION

Eggs belong on every back-to-school checklist. They provide important nutrients for children such as high-quality protein to support muscles, B vitamins and selenium to help keep the body healthy, and choline, which is important for the brain. The carotenoids lutein and zeaxanthin are also found in eggs (252 mcg/large egg). Lutein is important for eye health and helps protect children's eyes from harmful blue light from monitors and screens. Emerging evidence shows lutein may also play a role in cognition.

Breakfast tends to be the most nutrient-packed meal of the day, and studies show that breakfast can make a positive contribution to nutrient intake and diet quality.<sup>1,2</sup>

The protein in eggs, in combination with a well-balanced breakfast, can help keep kids satisfied and fueled for the long morning of classes. Eggs are a favorite of parents for another reason. They can be prepared in just a few minutes in the microwave or a hot skillet (nonstick makes clean up a snap).



## Spread the Word

**f** **THESE CHERRY CHEESECAKE BREAKFAST BARS ARE A GREAT GRAB-AND-GO OPTION FOR BUSY SCHOOL MORNINGS.** They have whole-grain oats and cereal for heart-healthy fiber and B-vitamins, cherries and applesauce for natural sweetness:

[EggNutritionCenter.org/CherryCheesecakeBars](http://EggNutritionCenter.org/CherryCheesecakeBars)

**t** **PUT A #BACKTOSCHOOL TWIST ON AVOCADO TOAST.** Make an egg in toast "basket" and serve with avocado slices: [EggNutritionCenter.org/AvocadoTwist](http://EggNutritionCenter.org/AvocadoTwist)

**t** **HERE'S MY #BACKTOSCHOOL CHECKLIST FOR EACH MORNING –** backpack with homework, snack, water and a good #breakfast to start the day: [EggNutritionCenter.org/Checklist](http://EggNutritionCenter.org/Checklist)

### KEY MESSAGES

- Not all breakfasts are created equal – choose a quality breakfast rich in protein, fruits, vegetables and healthy fats for energy in the classroom.
- Breakfast can give you energy for class! Plus, eggs get extra credit for the nutrients choline and lutein, which have been shown to play a role in brain health.
- Breakfast can be quick, easy and nutritious. Plan in advance, prepare make-ahead recipes and/or choose 5-minute dishes.

### REFERENCES:

1. Rampersaud GC, et al. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *J Am Diet Assoc.* 2005;105(5):743-60.
2. O'Neil CE, et al. Nutrient Intake, Diet Quality, and Weight Measures in Breakfast Patterns Consumed by Children Compared with Breakfast Skippers: NHANES 2001-2008. *AIMS Public Health.* 2015;2(3):441-468.

# Your Eggs – Your Way



Download the Your Eggs Your Way Sheet @ [EggNutritionCenter.org/YourEggsYourWay](https://EggNutritionCenter.org/YourEggsYourWay)

**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT NUTRITIOUS EATING FOR BACK TO SCHOOL.

 **RECIPE IDEA**



## Cherry Cheesecake Baked Breakfast Bars

Download recipe @ [EggNutritionCenter.org/CherryCheesecakeBars](https://EggNutritionCenter.org/CherryCheesecakeBars)

 **HANDOUT**



### QUICK WHOLESOME BREAKFAST

[EggNutritionCenter.org/QuickBreakfast](https://EggNutritionCenter.org/QuickBreakfast)

 **SHAREABLE GRAPHIC**



School-aged children who ate eggs versus carb-based foods for breakfast felt more full until lunch

### EGG BREAKFAST

[EggNutritionCenter.org/EggBreakfast](https://EggNutritionCenter.org/EggBreakfast)

# HEART HEALTH

## INCLUDE **EGGS** AS PART OF A *Heart-healthy* DIET!

Eggs are a nutrient-dense choice, providing a good or excellent source of eight essential nutrients. Recent recommendations from the American Heart Association (AHA) state that as part of a heart-healthy dietary pattern:

- Healthy individuals can include up to one whole egg daily
- Older healthy individuals can consume up to 2 eggs given the nutritional benefits and convenience of eggs
- Vegetarians who do not consume meat-based cholesterol-containing foods may include more eggs in their diets within the context of moderation<sup>1</sup>

So what is a heart-healthy diet? Experts agree that healthy eating patterns include nutrient-dense foods such as fruits, vegetables, whole grains, low-fat or fat-free dairy and lean protein sources.

Nutrient-rich eggs are a perfect complement to an overall heart-healthy diet.

The latest scientific evidence clearly indicates that eggs do not impact cardiovascular disease risk. In fact, some studies demonstrate a benefit to egg consumption. Recent study examples include:

- In a large cohort of over 400,000 men and women, every ½ an egg per day was linked to a 7% decrease for heart disease<sup>2</sup> while another large international cohort study found no link between egg consumption and cardiovascular disease – although there was indication of a lower risk of myocardial infarction with egg intake.<sup>3</sup>

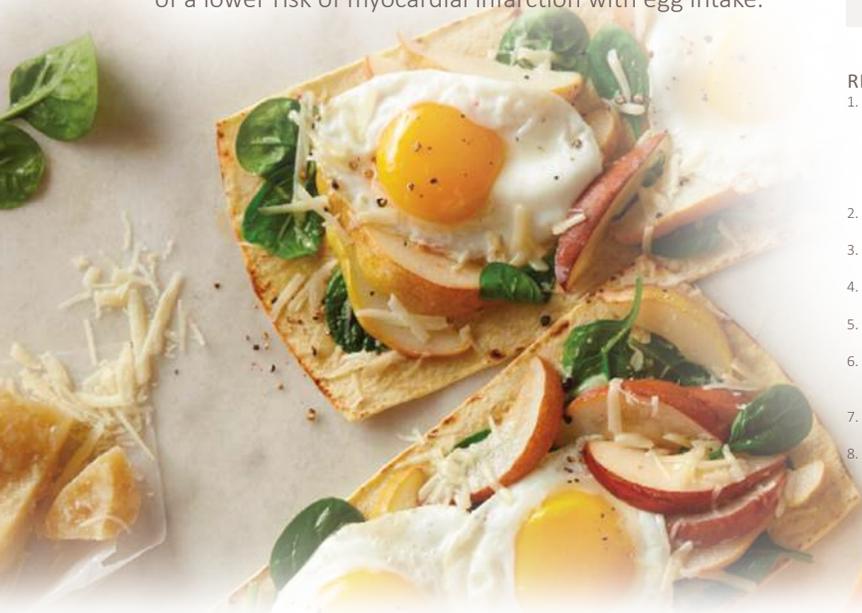
- A large cohort of men and women in the U.S. was tracked for over 30 years and there was no link between egg consumption and heart disease or stroke risk.<sup>4</sup>
- One clinical study showed that eating 1-3 eggs per day resulted in increased HDL (“good”) cholesterol, decreased blood pressure and did not change LDL (“bad”) cholesterol levels.<sup>5</sup>
- Another recent clinical study demonstrated that consumption of two whole eggs/day improved the function of HDL cholesterol.<sup>6</sup>

### KEY MESSAGES

- Cholesterol is not a nutrient of concern. Government and health organizations have removed dietary cholesterol limits and include eggs in recommended healthy eating patterns.
- The 2015-2020 Dietary Guidelines for Americans include eggs in all three recommended eating patterns, including the Healthy Vegetarian, Healthy Mediterranean and Healthy U.S. patterns.
- The majority of scientific evidence demonstrates that eggs, when consumed as part of an overall healthy diet, are not associated with heart disease risk and do not negatively impact risk factors for heart disease, such as blood cholesterol levels.<sup>7,8</sup>

### REFERENCES:

1. Carson JAS, Lichtenstein AH, Anderson CAM, Appel LJ, Kris-Etherton PM, Meyer KA, Petersen K, Polonsky T, Van Horn L; on behalf of the American Heart Association Nutrition Committee of the Council on Lifestyle and Cardiometabolic Health; Council on Arteriosclerosis, Thrombosis and Vascular Biology; Council on Cardiovascular and Stroke Nursing; Council on Clinical Cardiology; Council on Peripheral Vascular Disease; and Stroke Council. Dietary cholesterol and cardiovascular risk: a science advisory from the American Heart Association. *Circulation*. Volume 141, Issue 3, 21 January 2020; Pages e39-e53.
2. Key et al. Consumption of Meat, Fish, Dairy Products, and Eggs and Risk of Ischemic Heart Disease. *Circulation*. 2019;139:2835-2845.
3. Dehghan et al., Association of egg intake with blood lipids, cardiovascular disease, and mortality in 177,000 people in 50 countries. *Am J Clin Nutr*. 2020.
4. Drouin-Chartier et al. Egg consumption and risk of cardiovascular disease: three large prospective U.S. cohort studies, systematic review, and updated meta-analysis *BMJ* 2020;368:m513.
5. DiMarco DM, et al. Intake of up to 3 Eggs/Day Increases HDL Cholesterol and Plasma Choline while Plasma Trimethylamine-N-oxide is Unchanged in a Healthy Population. *Lipids*.
6. Sawrey-Kubicek L et al. Whole egg consumption compared with yolk-free egg increases the cholesterol efflux capacity of high-density lipoproteins in overweight, postmenopausal women. *Am J Clin Nutr*. 2019 [e-pub ahead print].
7. Shin et al. Egg consumption in relation to risk of cardiovascular disease and diabetes: a systematic review and meta-analysis. *Am J Clin Nutr*. 2013;98:146-59.
8. Rong et al. Egg consumption and risk of coronary heart disease and stroke: dose-response meta-analysis of prospective cohort studies. *BMJ*. 2013;346:e8539.



# Spread the Word

## **f** EGGS CAN FIT INTO A HEART-HEALTHY EATING PLAN

Try this savory oatmeal with your favorite veggies and #putanegg on it for additional nutritional benefits. Watch the video here: [EggNutritionCenter.org/SavoryOatmeal](https://EggNutritionCenter.org/SavoryOatmeal)

**t** **MOUNTING EVIDENCE** continues to support the role of eggs in a heart-healthy diet. Learn more about the latest findings that reinforce eating eggs is not associated with cardiovascular disease.

[EggNutritionCenter.org/EggsInHealthyDiets](https://EggNutritionCenter.org/EggsInHealthyDiets)

## **t** RECENT RECOMMENDATIONS

from global health organizations provide new recommendations around dietary cholesterol and heart-healthy diets. Learn more about how eggs fit into healthy eating patterns here: [EggNutritionCenter.org/EggsAndCholesterol](https://EggNutritionCenter.org/EggsAndCholesterol)

**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT EATING FOR HEART HEALTH.

HOW EATING AN EGG

IMPACTS YOUR HEALTH



**▶** EGG NUTRIENTS FOR HEALTH VIDEO

Watch the video @ [EggNutritionCenter.org/EggsBenefitTheBody](https://EggNutritionCenter.org/EggsBenefitTheBody)

**🍴** RECIPE IDEA



## Recipes that Fit a Heart-Healthy Eating Pattern

Download recipes @ [EggNutritionCenter.org/HeartHealthyRecipes](https://EggNutritionCenter.org/HeartHealthyRecipes)

**📄** HANDOUT



A DOZEN WAYS to BECOME an EGGSPERT!

ENC

A DOZEN WAYS to BECOME an EGGSPERT!  
[EggNutritionCenter.org/DozenWays](https://EggNutritionCenter.org/DozenWays)

EGGS fit into a **HEART HEALTHY** diet!



[eggnutritioncenter.org/materials](https://eggnutritioncenter.org/materials) ENC

**📷** INSTAGRAM SHAREABLES

EGGS FIT INTO A HEART HEALTHY DIET  
[Instagram.com/p/B8hqhh9Fvxh](https://Instagram.com/p/B8hqhh9Fvxh)

The AHA Science Advisory on Dietary Cholesterol outlines three specific recommendations regarding eggs:

1. In healthy individuals, consumption of an egg a day is acceptable in heart-healthy dietary patterns.
2. In older healthy individuals, given the nutritional benefits and convenience of eggs, consumption of up to 2 eggs per day is acceptable within a heart-healthy dietary pattern.
3. Vegetarians (lacto-ovo) who do not consume meat-based foods may include more dairy and eggs in their diets in moderation.

ENC

AHA SCIENCE ADVISORY  
[Instagram.com/p/B6lqFBQFnlu](https://Instagram.com/p/B6lqFBQFnlu)

**\*NEW\*** Harvard Study: an egg a day is **NOT** associated with cardiovascular disease risk.

Learn more at [EggNutritionCenter.org](https://EggNutritionCenter.org)

ENC

**\*NEW\*** HARVARD STUDY  
[Instagram.com/p/B9hglNvpdxR](https://Instagram.com/p/B9hglNvpdxR)

# HEALTHY EATING PATTERNS

## EGGS CAN PLAY A ROLE IN *Weight Management*

### Spread the Word

**📌 A HIGHER PROTEIN DIET CAN HELP MANAGE HUNGER AND KEEP YOU SATISFIED.** Making small changes, eating balanced meals and being active can also help with weight management.  
[EggNutritionCenter.org/KeepSatisfied](http://EggNutritionCenter.org/KeepSatisfied)

**🐦 EGGS & VEGGIES MAKE A NUTRITIOUS & SATISFYING MEAL.** Try poaching eggs in a flavorful tomato sauce in this green twist on shakshuka!  
[EggNutritionCenter.org/ShakshukaTwist](http://EggNutritionCenter.org/ShakshukaTwist)

**🐦 ADD VOLUME** to noodle dishes by adding spiralized vegetables, like zucchini. And #putanegginit for protein:  
[EggNutritionCenter.org/Spiralized](http://EggNutritionCenter.org/Spiralized)

With two-thirds of Americans being overweight or obese, it is no surprise that there is an overwhelming amount of nutrition and weight loss advice. However, eating well doesn't need to be complicated. Instead of cutting out certain items, focus on including nutritious foods, like eggs, vegetables, whole grains, and fruits. Eggs are naturally nutrient-rich and are nature's form of portion control with only 70 calories in a large egg.

Additionally, research highlights the importance of a higher protein diet and satiety. Protein, and eggs specifically, at breakfast has been shown to keep people feeling full when compared to a bagel-based breakfast which may be helpful for those following a weight loss diet.

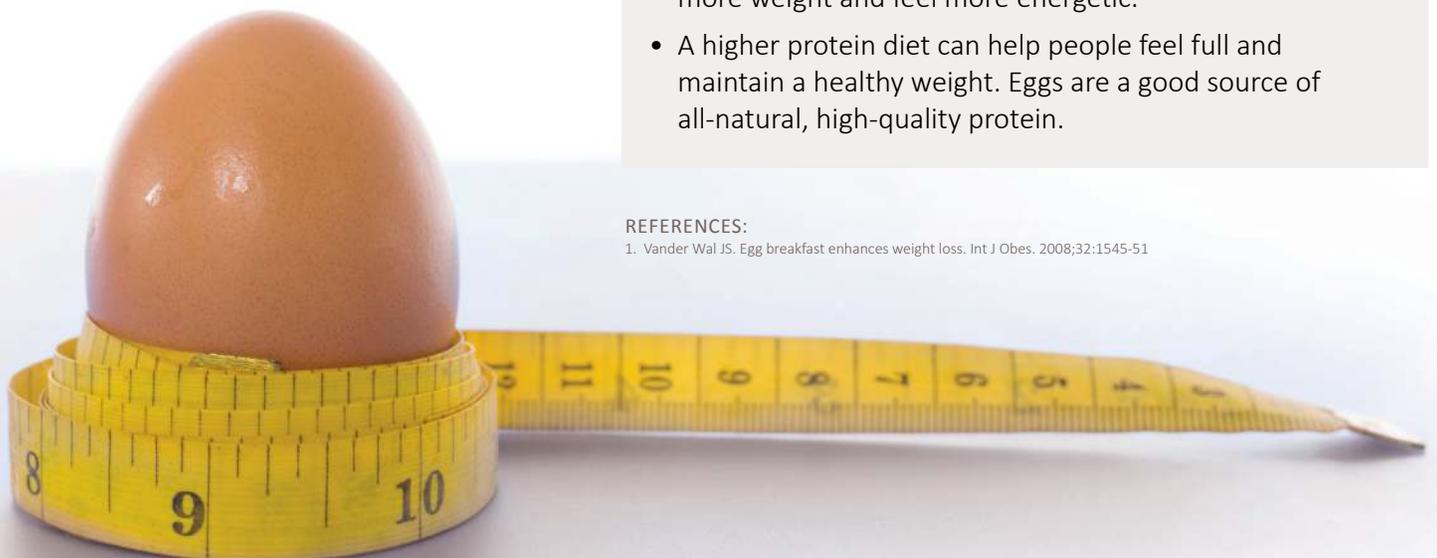


#### 🔑 KEY MESSAGES

- One study found that eating eggs for breakfast compared to eating a bagel breakfast helped overweight dieters lose more weight and feel more energetic.<sup>1</sup>
- A higher protein diet can help people feel full and maintain a healthy weight. Eggs are a good source of all-natural, high-quality protein.

#### REFERENCES:

1. Vander Wal JS. Egg breakfast enhances weight loss. *Int J Obes.* 2008;32:1545-51





▶ MICROWAVE BREAKFAST SCRAMBLE VIDEO

Watch the video @ [IncredibleEgg.org/MicrowaveBreakfastScramble](https://IncredibleEgg.org/MicrowaveBreakfastScramble)

**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT WEIGHT MANAGEMENT AND KEEPING YOUR DIET ON TRACK.



🍴 RECIPE IDEA

## Zucchini Noodles with Poached Egg Topper

Download recipe @ [EggNutritionCenter.org/ZucchiniNoodles](https://EggNutritionCenter.org/ZucchiniNoodles)

📄 HANDOUT



EGGS BELONG IN A WEIGHT LOSS DIET  
[EggNutritionCenter.org/EggsWeightLoss](https://EggNutritionCenter.org/EggsWeightLoss)

➡ SHAREABLE GRAPHIC



NUTRIENT ABSORPTION  
[EggNutritionCenter.org/NutrientAbsorption](https://EggNutritionCenter.org/NutrientAbsorption)

# BUSY LIFESTYLES

## EGGS CAN FIT INTO A *Hectic* SCHEDULE

For people who lead busy lifestyles, eating healthfully is particularly challenging. Tight schedules filled with activities often mean eating away from home, grab-and-go snacks and skipped meals. That is why choosing nutrient-dense foods, such as eggs, is essential. Eggs are a good or excellent source of eight essential nutrients, including choline, selenium, vitamin B12, riboflavin and 6 grams of high-quality protein. Eggs are also one of the few natural food sources of vitamin D (6% Daily Value in a large egg), a nutrient of public health concern.

Often times people see eggs as time consuming, but they don't have to be! Eggs can be easily prepared in the microwave or batch cooked for busy weekday breakfasts. Looking for a quick and portable snack? Hard-boiled eggs are perfect for people on-the-go. The American Egg Board's Easy-Peel Hard-Boiled Eggs recipe cooks eggs 30% faster than classic methods.

### KEY MESSAGES

- Eggs can cook in just minutes! For a quick and filling breakfast, scramble eggs in a coffee mug, add your favorite ingredients (e.g., fresh veggies, cheese) and microwave. Serve with fresh fruit and yogurt.
- Many egg dishes can be cooked ahead and served throughout the week, such as egg muffin frittatas, egg casseroles, hard-boiled eggs and breakfast sandwiches.
- Find easy breakfast solutions. Starting the day with a balanced breakfast that includes protein can help keep hunger at bay and help fuel a busy morning. Pair eggs with fruits or vegetables, whole grains and low-fat or fat-free dairy.

# Spread the Word



Watch the video @ [EggNutritionCenter.org/EasyPeelVideo](https://EggNutritionCenter.org/EasyPeelVideo)

**f NO TIME FOR BREAKFAST?**  
Try making a microwave Coffee Cup Scramble at the office. Beat 2 eggs in a coffee cup. Microwave on high for 45 seconds. Stir. Microwave for another 30 seconds. Add cheese or chosen toppings and enjoy!  
[EggNutritionCenter.org/NoTime4Breakfast](https://EggNutritionCenter.org/NoTime4Breakfast)

**t SHORT ON TIME?** Microwaveable egg breakfast bowl = fast meal with less clean-up!  
[EggNutritionCenter.org/ShortOnTime](https://EggNutritionCenter.org/ShortOnTime)

**t MEAL PREP LIKE A PRO!** Build a stash of make-ahead freezer breakfast burritos to heat and eat on busy mornings.  
[EggNutritionCenter.org/MealPrepPro](https://EggNutritionCenter.org/MealPrepPro)



**🍴 RECIPE IDEA**

## Microwave Egg & Veggie Breakfast Bowl

Download recipe @ [IncredibleEgg.org/MicrowaveBreakfastBowl](https://IncredibleEgg.org/MicrowaveBreakfastBowl)

**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS FOR MANAGING A BUSY LIFESTYLE.

**📄 HANDOUT**

**NUTRIENT-RICH EGG**  
[EggNutritionCenter.org/NutrientRichEgg](https://EggNutritionCenter.org/NutrientRichEgg)

**📄 SHAREABLE GRAPHIC**

**EASY PEEL HARD-BOILED EGG INFOGRAPHIC**  
[EggNutritionCenter.org/EasyPeelGraphic](https://EggNutritionCenter.org/EasyPeelGraphic)

# HEALTHFUL EATING *on a* BUDGET



## EGGS MAKE NUTRITIONAL *Cents!*

Healthy eating doesn't have to be expensive. Many nutritious foods are also affordable, allowing you to build a nutrient-dense diet on a budget. For example, at less than 15 cents each, a large egg is cost-effective and versatile. It's easy to build an affordable and nutritious meal around eggs. To cut down on cost, buy items on sale and use coupons to save money at the register. Go to the grocery store with a list rather than purchasing foods on impulse. Purchase items in bulk and batch cook recipes to last throughout the week. Select fresh produce in season for the best price and flavor. Frozen and canned fruits and vegetables as well as dried beans and legumes are also inexpensive and nutritious options.

## Spread the Word

**f** **TO SAVE MONEY**, prepare appetizers and side dishes using eggs. Eggs are an affordable source of high-quality protein.  
[EggNutritionCenter.org/BudgetWithEggs](http://EggNutritionCenter.org/BudgetWithEggs)

**t** **AT LESS THAN 15 CENTS EACH**, eggs are affordable and nutritious.  
[EggNutritionCenter.org/15CentsEach](http://EggNutritionCenter.org/15CentsEach)

**t** **LOOKING FOR AN AFFORDABLE BREAKFAST OPTION?** Prep these Egg Frittatas Muffins on the weekend and serve throughout the week!  
[EggNutritionCenter.org/Affordable](http://EggNutritionCenter.org/Affordable)

### KEY MESSAGES

- When you're eating on a budget, you want to get a nutritional bang for your buck. One egg is a good or excellent source of eight essential nutrients, including 6 grams of high-quality protein, for less than 15 cents.
- Build an affordable meal around eggs, using other nutritious and low-cost foods such as brown rice, sweet potato, frozen broccoli and fresh fruit.
- Batch cooking is an affordable way to prepare weekly meals. Budget time on the weekend to prepare recipes that can be served throughout the week, such as an egg casserole.

# Your Eggs – Your Way

## 🥚 BASIC HARD-BOILED EGGS



1



2



3

Download the Your Eggs Your Way Sheet @ [EggNutritionCenter.org/YourEggsYourWay](https://EggNutritionCenter.org/YourEggsYourWay)

**DOWNLOAD** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT EATING ON A BUDGET.

## 🍴 RECIPE IDEA



## Mexican Rice & Beans Baked Eggs

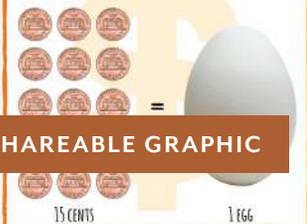
Download recipe @ [EggNutritionCenter.org/MexicanRiceBakedEggs](https://EggNutritionCenter.org/MexicanRiceBakedEggs)



## 📄 HANDOUT

AFFORDABLE FOODS  
[EggNutritionCenter.org/AffordableFoods](https://EggNutritionCenter.org/AffordableFoods)

EGGS ARE ONE OF THE MOST AFFORDABLE SOURCES OF HIGH-QUALITY PROTEIN.



## 📄 SHAREABLE GRAPHIC

EGGS MAKE CENTS  
[EggNutritionCenter.org/EggsMakeCents](https://EggNutritionCenter.org/EggsMakeCents)



# EASTER EGGS

EGGS ARE THE *Perfect* PARTNER FOR HEALTHY EATING ON EASTER

The average American eats 290 eggs a year,<sup>1</sup> many of which are consumed on the ultimate egg holiday - Easter! However, eggs' role goes beyond the Easter basket. With 6 grams of protein per large egg, they can help keep you feeling full, which can help minimize overindulging.

Many consumers are confused by the options in the egg case. From a nutrition perspective, the content of eggs is similar regardless of color (white or brown), grade (AA, A or B) or how they are raised (organic, free-range and conventional). While eggs are a natural nutrition powerhouse, feeding laying hens a diet enriched in specific nutrients like vitamin D or omega 3 can enhance that nutrient in eggs. Due to higher production costs, such specialty eggs are usually more expensive than generic shell eggs.

## KEY MESSAGES

- Start decorating and eating hard-boiled eggs quicker with the Incredible Egg's new Easy-Peel recipe.
- Hard-boiled eggs can last up to one week in the refrigerator, unpeeled, and make for an easy weekday snack or salad topper.
- Make time for healthy eating around the Easter holiday. Choose nutrient-dense foods, like eggs, to help keep you feeling full.

## REFERENCES:

1. United States Department of Agriculture. World Agricultural Supply and Demand Estimates. Accessed 9/18/19.



# Spread the Word

## EASTER VIDEO



Watch the video @ [IncredibleEgg.org/Decorating](https://IncredibleEgg.org/Decorating)

**f** **LOOKING FOR A UNIQUE WAY TO USE YOUR LEFTOVER EASTER EGGS?** EggPops are a party favorite that will impress your guests or a fun snack for children at school. [EggNutritionCenter.org/EggPops](https://EggNutritionCenter.org/EggPops)

**t** **EASTER RECIPE IDEAS:** Gathering with family and friends to celebrate Easter? Try these crowd-pleasing egg-centric dishes: [EggNutritionCenter.org/EasterRecipeIdeas](https://EggNutritionCenter.org/EasterRecipeIdeas)

**t** **FEED A CROWD:** While traditional deviled eggs are a simple go-to, this lighter approach features soft-boiled eggs with a jammy yolk that's guaranteed to be the talk of the party: [EggNutritionCenter.org/JammyEggs](https://EggNutritionCenter.org/JammyEggs)

## RECIPE IDEA



## Eggs in a Basket

Download recipe @ [IncredibleEgg.org/EasterRecipes](https://IncredibleEgg.org/EasterRecipes)

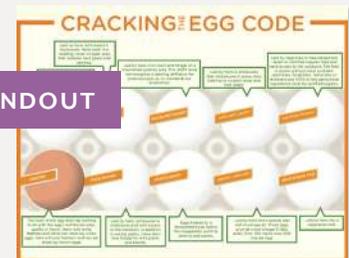
**DOWNLOAD THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT EASTER.**

## SHAREABLE GRAPHIC

**EASTER EGGS:  
DID YOU KNOW?**  
[EggNutritionCenter.org/  
EasterEggsDidYouKnow](https://EggNutritionCenter.org/EasterEggsDidYouKnow)



## HANDOUT



**CRACKING THE CODE**  
[EggNutritionCenter.org/CrackingTheCode](https://EggNutritionCenter.org/CrackingTheCode)

For more on egg nutrition and for additional recipe ideas, visit **EggNutritionCenter.org**.

 [Instagram.com/egg.nutrition](https://www.instagram.com/egg.nutrition)

 [Twitter.com/EggNutrition](https://twitter.com/EggNutrition)

 [Linkedin.com/company/egg-nutrition-center](https://www.linkedin.com/company/egg-nutrition-center)

 [Facebook.com/eggnutritioncenter](https://www.facebook.com/eggnutritioncenter)



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