

# Eggs for the Young at Heart

**Eggs are perfect for the young at heart. They have a lot of nutrients:**

- Vitamin D and phosphorus are good for our bones.
- Choline helps our brain and memory. One egg has half the amount of choline you need every day.
- Folate and vitamin B12 help prevent heart disease.
- Zinc helps strengthen the immune system.
- Antioxidants like vitamin A, vitamin B6 and folate help prevent cancer. They are good for your vision. Antioxidants help prevent age-related blindness and cataracts, and may slow down aging. One of the antioxidants in eggs slows down early heart disease.
- Eggs are an excellent way to get protein. Protein helps skin stay supple and keeps muscles strong. One large egg contains 6 grams of protein.
- Omega-3 fats improve blood cholesterol, reduce the risk of Alzheimer's and help maintain good vision. Omega-3 eggs are the same as regular eggs but have more omega-3 polyunsaturated fats.



## Egg-cellent nutrition

### One large egg (50g) gives you:

Energy	71 Cal
Protein	6 grams
Fat	5 grams
Cholesterol	190 mg
Carbohydrate	0 grams

### Percentage of Recommended Daily Intake:

Vitamin A	8%
Vitamin E	6%
Vitamin D	2%
Folate	15%
Vitamin B12	30%
Thiamin	2%
Niacin	6%
Riboflavin	15%
Iron	2%
Zinc	5%
Phosphorus	6%

One or two eggs is the same as one Meat and Alternatives serving in Canada's Food Guide.

### What about cholesterol?

Some people stopped eating eggs because they worried about cholesterol and heart disease. But eating less cholesterol does not prevent heart disease. It might even cause other health problems. Why? Eating less cholesterol sometimes means we don't get all the nutrients we should. New research shows that it's okay for adults to eat one egg every day.

If you're worried about your cholesterol, eat less saturated and trans fat. They are found in baked goods, pastries, processed foods and whipped toppings. Hydrogenated oils are a kind of trans fat. Try not to eat too many foods that contain hydrogenated oils. Be sure to read the labels on food.

**HEALTHY  
Eating  
FOR  
HEALTHY  
Aging**

# Eggs for the Young at Heart

## Buying and Storing Eggs

### Buying eggs:

When you buy eggs, make sure they are

- refrigerated
- clean
- not cracked
- grade A

The "best before" date on the carton tells you how long the eggs stay grade A quality. This is usually about 28 to 35 days from when they were packed. After this date you can still use the eggs for baking, hard cooking or scrambling but they won't be as good for poaching or frying.

### Storing eggs:

Eggs stay fresh in their carton in your refrigerator. The carton stops the eggs from absorbing flavours and odours from other foods. It will also remind you of the "best before" date.

You can freeze raw eggs. Whisk them and put them in an airtight container. When you are ready to use them, thaw them in the refrigerator. Use thawed eggs in dishes that will be cooked completely. Three tablespoons (45mL) of thawed whole egg are the same as one large egg.

### Cooked eggs:

You should eat eggs as soon as you cook them. The same is true for foods with lots of eggs in them. If you won't eat the eggs immediately, keep them in the refrigerator. Make sure you completely reheat leftover egg dishes.

### Storing Eggs (in the refrigerator)

Fresh eggs in the shell  
Leftover yolks or whites  
Hard-cooked eggs  
Prepared egg dishes  
Pickled eggs  
Frozen whole eggs (blended)

### How long will they keep?

by the "best before" date  
within 2 to 4 days  
within 1 week  
within 3 to 4 days  
within 1 month  
within 4 months



## TIP

New research shows that it's okay for adults to eat one egg every day.

# Eggs for the Young at Heart

## Egg Recipes

### Microwaved Eggs (1 serving)

Preparation: 1 minute

Cooking: 45 seconds

Standing: 1 minute



Melt 1/2 tsp (2mL) of butter in a small bowl or mug. This should take 15 seconds on high in the microwave. Move the bowl around to get butter on all sides. Break an egg into the bowl. Poke the yolk with toothpick or fork. Cover the bowl with plastic wrap but leave a small space for steam to escape. Microwave on medium-high for 45 seconds to 1 minute or until they are done the way you like them. Let the eggs sit for 1-2 minutes with the plastic wrap still on.

For a complete meal, serve with whole wheat toast, cheese and orange juice.



### Pickled Eggs

Preparation: 5 minutes

Cooking: 12 minutes

Standing: 2 days



Boil one dozen eggs until they are hard cooked. Peel the eggs and divide them between two 1 quart or 1 litre jars 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 the heat to low and simmer for 10 minutes. You can strain the liquid through a cheesecloth if you like. Pour half of the hot vinegar mixture into each jar and cover with the lid. Let them stand in the refrigerator for two days. Pickled eggs will keep for one month in the fridge. To make quick pickled eggs, put hard-cooked eggs in pickle juice or pickled beet juice. Leave them in the refrigerator for 2 days before you eat them.

## TIP

Store raw or cooked eggs in the refrigerator.

# Eggs for the Young at Heart

## Egg Recipes

### Frittata (4 servings)

Preparation: 8 minutes

Cooking: 13 minutes



Whisk 8 eggs with 1/2 cup (125 mL) water or broth. Add salt and pepper and 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 the egg mixture into the skillet. Cook over low to medium heat. Keep lifting the edges so that uncooked egg can run to the bottom of the pan. The frittata is done when it is almost set but still moist on top. This usually takes 10 to 15 minutes. Sprinkle top with 1/2 cup (125 mL) grated cheese. Put under the broiler about 3 minutes, until the cheese melts. Cut into wedges to serve.

For a complete meal, serve frittata with a tossed salad and a roll, then a piece of fruit.



### Egg Burger (1 serving)

Preparation: 2 minutes

Cooking: 2 minutes



Fry or microwave an egg. Put it on a warmed hamburger bun. Add a slice of cheese. Add lettuce and sliced tomato, if you want.

For a complete meal, eat the egg burger with a glass of milk, then fruit salad for dessert.



## TIP

Eggs are an excellent way to get a protein.