

# Eggs for the young at heart



## Protein is important throughout the life cycle

As we age, it is very important to keep active and consume nutrient-dense, high quality protein foods. Research shows that higher dietary protein intake is associated with a reduced risk of hip fracture, a major cause of functional decline among the elderly.<sup>1</sup> Besides being an excellent source of protein, eggs provide a wide array of vitamins and minerals:

- Vitamin D and phosphorus, crucial for bone health
- Folate and vitamin B<sub>12</sub>, to help protect against heart disease
- Zinc, to maintain a strong immune system

#### Reference:

1. Wengreen et al. Dietary protein intake and risk of osteoporotic hip fracture in elderly residents of Utah. *J Bone Miner Res.* 19(4):537-45 (2004).



## Eggs Italiano

1 large tomato  
Salt and pepper, to taste  
2 eggs  
¼ tsp (1 mL) Italian seasoning

#### Nutrients per serving:

Calories: 170      Protein: 13.3 g  
Carbohydrate: 7.5 g      Fat: 10.3 g

Cut off a thick slice, about ½-inch (1 cm), at the stem end of the tomato; set slice aside. Scoop out seeds and centre pulp. Season with salt and pepper. Place tomato upside down on a paper towel to drain for about 5 minutes. Place tomato upright in a small microwave-safe bowl. Break eggs into tomato. Pierce egg yolks with a fork. Sprinkle with Italian seasoning and place top slice over tomato. Microwave on medium-high (70%) for 3 minutes and 45 seconds, or until egg is almost cooked. Let stand for 2 minutes.

**Suggestion for Complete Meal:** Serve with seven grain toast, a small wedge of cheese and a glass of pink grapefruit juice.

**Makes 1 serving**

# Nutritious, Delicious and Single Serving Sizes

## *Egg in Ham Cup*



- Canola spray
- 1 slice deli ham
- 1 green onion, finely chopped
- 2 tbsp (30 mL) shredded Cheddar cheese, divided
- 2 eggs
- 2 tbsp (30 mL) low fat plain yogurt or sour cream
- Freshly ground pepper, to taste
- 2 tsp (10 mL) finely chopped fresh parsley

### **Nutrients per serving:**

Calories: 261      Protein: 22.9 g  
Carbohydrate: 4.9 g      Fat: 16.6 g

Spray a 10 oz (300 mL) microwaveable cup with canola spray. Place ham slice in cup. Sprinkle with onion and 1 tbsp (15 mL) shredded cheese. In a small bowl, beat together eggs, yogurt and pepper until blended; pour into cup. Sprinkle with parsley and remaining cheese. Microwave on medium-high (70%) for approximately 3 minutes, or until cooked as desired. Remove from microwave; let stand for 1 minute then serve.

**Suggestion for Complete Meal:** Serve with orange wedges, toast and a glass of milk.

**Makes 1 serving**

One large egg (53 g) provides the following Percentage of Recommended Daily Value:

Vitamin A	10%	Vitamin C	0%
Calcium	2%	Iron	6%
Vitamin D	15%	Vitamin E	15%
Riboflavin	15%	Niacin	8%
Vitamin B <sub>12</sub>	50%	Folate	15%



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