

# Eggs provide nutritional goodness for people living with diabetes

## Eggs are a treasure house of good nutrition.

They are an excellent source of the highest quality protein of any food. In fact, because eggs contain all nine essential amino acids, egg protein is often used as the gold standard to determine the protein quality of other foods. Eggs are also an excellent source of vitamin B12, riboflavin and folate, which helps build healthy red blood cells and may also prevent heart disease.

Maintaining a healthy body weight is especially important for people living with diabetes. Eggs are part of the Meat and Alternatives Group in *Canada's Food Guide to Healthy Eating* and one large egg contains only 70 calories and .9 grams of

carbohydrates. Also, with just 5 grams of fat, eggs can easily fit into a lower fat diet.

For those affected by diabetes, eggs help keep blood sugar levels in check because egg protein controls the rate at which glucose is absorbed by the body. Slower glucose absorption prevents any drops or spikes in blood sugar, and also helps to regulate appetite.

There's more good nutrition news. Studies have shown that the antioxidants lutein and zeaxanthin, which are both found in eggs, help prevent problems with eye health such as cataracts and macular degeneration.<sup>1</sup>

1. Moeller et al, 2000. The potential role of dietary xanthophylls in cataract and age-related macular degeneration. *J. Am. Coll. Nutr.* 19(5):522s-527s



## Zippy Devilled Eggs

- 12 hard-cooked eggs, peeled
- 1/3 cup (75 mL) light mayonnaise or salad dressing
- 3 tbsp (45 mL) chili sauce
- 1 tsp (5 mL) Dijon-style mustard
- 1/4 tsp (1 mL) hot pepper sauce
- Snipped chives or paprika

Slice eggs in half lengthwise; remove yolks and set whites aside. Mash yolks in a small bowl. Stir in the mayonnaise, chili sauce, mustard and hot pepper sauce. Pipe or stuff egg yolk mixture into egg whites. Sprinkle with chives or paprika. Refrigerate until serving.

### Nutrients per serving (based on 1/2 egg):

Calories: 49	Protein: 3.2 g
Carbohydrate: 0.9 g	Fat: 3.5 g

### Tips

- Place the filling for devilled eggs into a resealable plastic bag, then snip off a corner to pipe the filling into the hard-cooked egg.
- For the perfect hard cooked egg recipe visit [www.eggs.mb.ca](http://www.eggs.mb.ca) and click on 'recipes.'

# Eggs fit into a healthy lifestyle



## *Fruity Cottage Cheese Omelette*

4 eggs

¼ cup (50 mL) water

Cooking Spray

½ cup (125 mL) smooth texture cottage cheese .08% M.F.

⅓ cup (75 mL) drained fruit salad

### **Nutrients per serving:**

Calories: 220

Protein: 23.7 g

Carbohydrate: 6.0 g

Fat: 10.8 g

Beat eggs with water. Spray a 10-inch (25 cm) non-stick skillet with cooking spray. Heat skillet over medium heat. Pour in egg mixture. As mixture sets at the edges, with spatula, gently lift cooked portion to allow uncooked egg to flow underneath. Cook until bottom is set and top is almost set. Spread cottage cheese evenly along the middle of the omelette. Place fruit salad over cottage cheese. Fold each side of omelette towards centre and over fruit salad. Slide onto a warm plate. Cut into 2 portions. Makes 2 servings.

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%



18-5 Scurfield Blvd.  
Winnipeg, MB R3Y 1G3  
Phone: 204-488-4888  
Fax: 204-488-3544