



# WHY EAT



## Eggs?

Eggs are great little packages of protein and nutrients, making every meal delicious and nutritious!



# Why eat Eggs?

## 1 They are a great source of protein

The protein found in eggs helps us to fight infection, build and maintain muscle, and grow strong hair and nails.

## 2 They are versatile

Eggs are not just for breakfast! Eggs can be fried, poached, used in baking, boiled, scrambled, or added to a sandwich or salad. The options are endless!

## 3 They are rich in vitamins and minerals

Eggs are a source of iron, vitamins A, D, E, and B12, folate, selenium, and choline. These vitamins and minerals boost the immune system and help your body work properly.

## 4 They keep you fuller for longer

Eggs are high in protein which helps us to feel full and satisfied after meals.





# Why eat Eggs?

## Buying Eggs

- Words on egg cartons like 'organic' and 'free range' do not mean that the eggs are more nutritious and healthier for you. 'Enriched with omega-3' means that hens are fed special diets to increase the omega-3 content of the eggs.
- The shell color doesn't matter. Brown eggs have the same nutrition as white eggs but are often more expensive!
- Fresh, uncooked eggs can last one week past their Best Before Date in the fridge. If you are unsure if an egg is still fresh, you can use the water test. Simply put the whole egg in a glass on water. If it sinks to the bottom it is still fresh. If it floats to the top, it is likely spoiled.



## Easy ways to add eggs to your diet

- Boil them! Having boiled eggs ready in the fridge are great for quick lunches or on the go snacks. They can also be used to make egg salad sandwiches or added to potato salad.
- Add a fried egg on top of a store-bought pizza or ramen for extra protein.
- Have breakfast for dinner.







## What About Cholesterol?

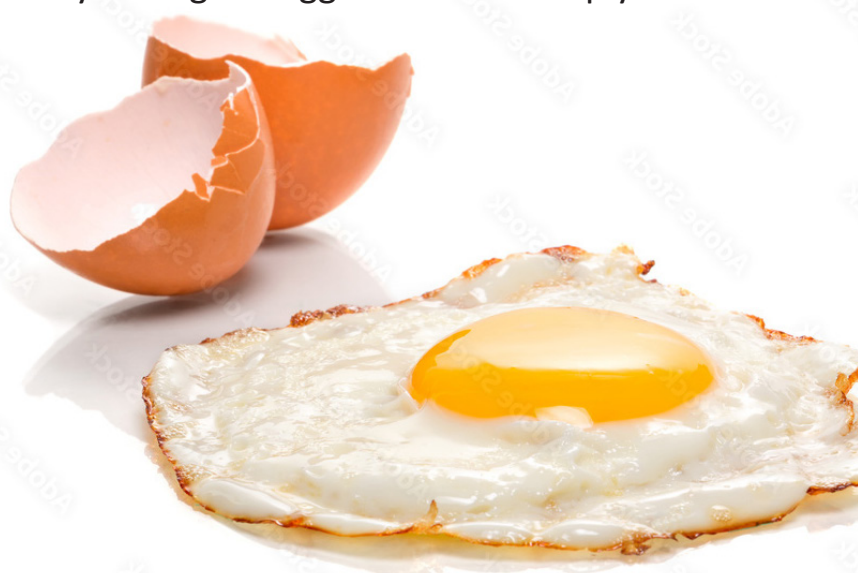
For nearly 50 years, eggs had a bad reputation because of their links with cholesterol and heart disease.

Cholesterol is found in many foods including egg yolks. Egg whites have no cholesterol.

Today, research has shown that cholesterol from food does not increase cholesterol levels in your blood as once thought<sup>1</sup>.

It's generally fine to eat eggs as part of a healthy diet, but don't overdo it. Eating 1-2 eggs a day is a good limit for most people who don't have heart problems or other health issues.

If you do have heart problems, type 2 diabetes, or high cholesterol, it's best to talk to your healthcare provider about how many eggs you should eat. They might recommend only having 1-2 eggs a week to keep you healthy<sup>2</sup>.



1 Heart and Stroke Foundation of Canada, "Fats and Oils," Heart and Stroke, 2024, [www.heartandstroke.ca/healthy-living/healthy-eating/fats-and-oils](https://www.heartandstroke.ca/healthy-living/healthy-eating/fats-and-oils).

2 Unlock Food, "Understanding Eggs and Cholesterol," Dietitians of Canada, June 8, 2022, [www.unlockfood.ca/en/Articles/Heart-Health/Understanding-Eggs-and-Cholesterol.aspx](https://www.unlockfood.ca/en/Articles/Heart-Health/Understanding-Eggs-and-Cholesterol.aspx).



# Veggie Frittata

**Preparation Time:** 20 minutes

**Cooking Time:** 50 minutes

**You'll need:** square baking pan, large bowl, whisk, large mixing spoon, frying pan, cutting board, knife, measuring cup and spoons.

**Makes:** 6 servings

## Ingredients

- 2 tablespoons** olive oil
- 2 medium** potatoes, cubed or shredded
- 1 cup** sliced mushrooms (fresh or canned)
- 1 cup** frozen spinach, thawed
- 1/4 cup** halved cherry tomatoes
- 8** eggs
- 3 tablespoons** milk
- 1 teaspoon** garlic powder
- 1 cup** shredded cheese
- 1 tablespoon** basil pesto (optional)
- 2 teaspoon** yellow mustard
- 1/2 teaspoon** salt and pepper

## Directions

- 1** Preheat oven to 350°F
- 2** In a large skillet, heat oil over medium heat. Add potatoes and cook, stirring occasionally, for 5 minutes. Add mushrooms and thawed spinach; cook, stirring occasionally, until potatoes are soft, about 5 minutes. Remove from heat.
- 3** In a large bowl, whisk together eggs and milk until blended. Add garlic powder, mustard, pesto, cherry tomatoes, cheese, salt and pepper. Add the potato/vegetables to the bowl and stir to combine.
- 4** Pour egg mixture into a greased 9-inch (23 cm) square baking pan. Bake, uncovered, until a knife inserted into the center comes out clean, 45 to 50 minutes.
- 5** Let stand for 10 minutes before serving.



# Egg Salad Pinwheel Wraps

**Preparation Time:** 10 minutes

**You'll need:** large mixing bowl, measuring cup and spoons, large mixing spoon.

**Makes:** 4 servings

## Ingredients

- 8 eggs
- 1/4 cup light mayonnaise
- 1 tablespoon yellow mustard
- 1/4 red bell pepper, finely chopped
- 1 green onion, finely chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 lettuce leaves
- 4 whole grain tortillas

## Directions

- 1 Hard boil your eggs by bringing a pot of water to a boil. Gently add the eggs to the boiling water and set timer for 10-15 minutes. When the timer goes off place eggs in a bowl of ice water. Let cool and peel the shell off the eggs.
- 2 Roughly chop the eggs and add them to a bowl. Gently stir in mayonnaise, mustard, bell pepper, salt, and pepper.
- 3 Spread the egg salad mixture over the tortilla and top with 1 lettuce leaf. Tightly roll into a log. Cut each tortilla into 6 pinwheels. Package snugly, in an airtight container, so that the pinwheels hold their shape.



# Freezer Egg Sandwiches

**Preparation Time:** 20 minutes

**Cooking Time:** 10 minutes

**You'll need:** rectangular baking dish, small bowl, whisk, measuring cups and spoons, knife, cutting board.

**Makes:** 6 servings (can be frozen for up to 1 month)

## Ingredients

**8** eggs

**1/2 cup** milk

**1 tablespoon** yellow mustard

**1/4 teaspoon** salt

**1/4 teaspoon** pepper

**6** whole wheat English muffins,  
split and toasted

**6** sausage patties, browned OR  
**6 slices** deli meat

**6 slices** cheese

## Directions

- 1** Preheat oven to 400°F. Coat a 9-inch (23 cm) square baking pan with nonstick cooking spray.
- 2** In a small bowl whisk together eggs, milk, Dijon mustard, salt and pepper. Pour mixture into prepared baking dish.
- 3** Bake until cooked through, about 10 minutes. Cut six rounds or squares from the eggs.
- 4** Top English muffins with eggs, sausage or deli meat and cheese. Let sandwiches cool.
- 5** Wrap each sandwich in plastic wrap. Place in a resealable plastic freezer bag and freeze up to 1 month.
- 6** To reheat, remove plastic wrap; wrap in paper towel. Microwave until cooked through, 3 to 4 minutes.