

Eggs

provide nutritional goodness for people living with diabetes

- **Eggs are an excellent source of high quality protein.** They contain all 9 essential amino acids that your body cannot produce naturally. Regarded as the building blocks of the body, amino acids help form protein and are used to build and repair muscle tissue, cells and organs.
- **Eggs contain many important vitamins and minerals** including vitamin B₁₂, riboflavin and folate, which help build healthy red blood cells.
- **Antioxidants lutein and zeaxanthin**, which are both found in eggs, help prevent problems with eye health such as cataracts and macular degeneration.¹
- **One large egg contains only 70 calories** and does not contain any trans fat. Maintaining a healthy body weight is important for people living with diabetes.
- **Eggs contain minimal carbohydrate and have a glycemic index of zero** so eating them will not increase blood sugar levels. For those living with diabetes, keeping blood sugar on target is essential.
- **The protein in eggs slows down sugar absorption** in the body, reducing drops or spikes in blood sugar and helps to regulate appetite.

To learn more about diabetes contact the Canadian Diabetes Association.

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



Easy Baked Eggs

1½ tsp (7 mL) canola oil

6 eggs

Salt & pepper to taste

2 tbsp (25 mL) per egg of optional ingredients such as chopped cooked broccoli, chopped green onions or any cooked vegetable

Whole grain toast (optional)

Preheat oven to 375 ° (190°C). Grease a 6-cup muffin pan with the oil. Crack one egg into each muffin cup. If desired, add your choice of optional ingredients. Bake 8 – 10 minutes.

Makes 6 servings

Option: Each egg can be whisked before pouring into the muffin cups.

Nutrients per serving:

Calories: 85.9

Protein: 6.2 g

Carbohydrate: 0.5 g

Fat: 6.3 g

Sodium: 66.1 mg

Eggs fit into a healthy lifestyle



One-Two Banana Pancakes

- 1 banana
- 2 eggs
- 1 tbsp (15 mL) canola oil

Nutrients per serving:

Calories: 125.7 g Protein: 4.6 g
Carbohydrate: 9.1 g Fat: 8.2 g
Sodium: 44.4 mg

Mash banana. Set aside. Whisk eggs until foamy. Whisk in mashed banana. In a large non-stick frying pan, heat oil over medium-high heat. Using a 1/3 cup (75 mL) measure, pour batter into pan. Cook for 1-2 minutes. Flip pancake and cook 1-2 minutes longer. Repeat with remaining mixture. If desired, serve pancakes with fresh strawberries.

Makes 3 pancakes

Nutrition Facts

Per 1 large egg (53g)

Amount		% Daily value
Calories	70	
Fat	5 g	8 %
Saturated	1.5 g	8 %
+ trans	0 g	
Cholesterol	195 mg	
Sodium	65 mg	3 %
Carbohydrate	1 g	1 %
Fibre	0g	0 %
Sugars	0g	
Protein	6 g	
Vitamin A	10 %	Vitamin C 0 %
Calcium	2 %	Iron 6 %
Vitamin D	15 %	Vitamin E 15 %
Riboflavin	15 %	Niacin 8 %
Vitamin B12	50 %	Folate 15 %



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