



Chef Charles Says...



August

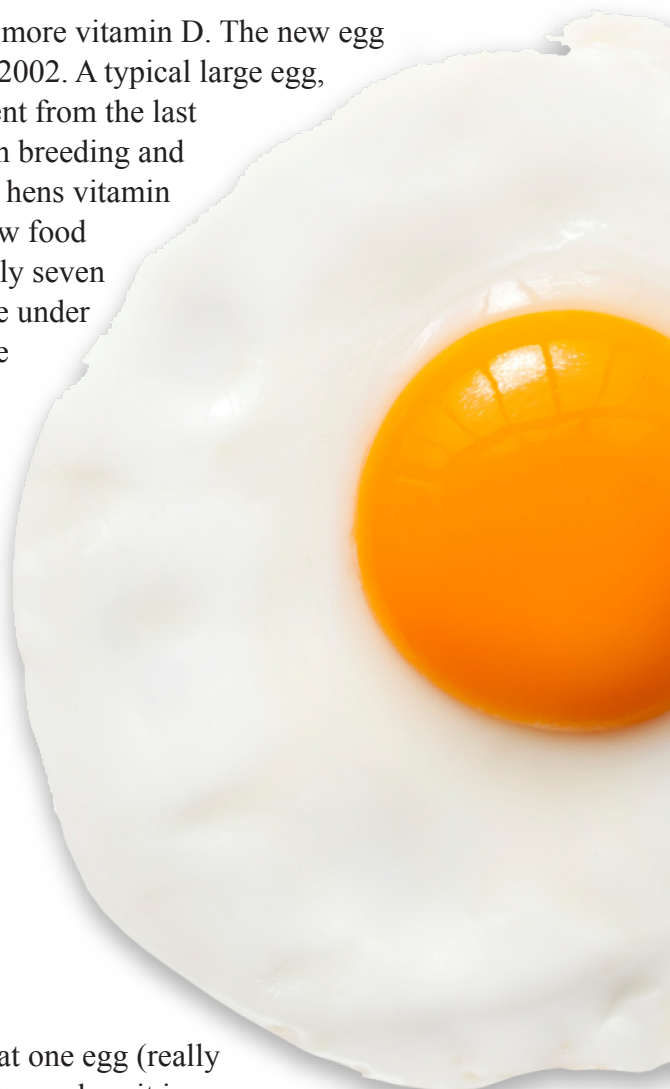
Pick a Better... Egg

There is a change in today's egg. It has less cholesterol and more vitamin D. The new egg averages 186 mg of dietary cholesterol, down from 212 mg in 2002. A typical large egg, yolk plus white, now provides 41 IU of vitamin D, up 64 percent from the last measurement. The changes are due to a combination of chicken breeding and changes in the hen's diet. Specifically, farmers give egg-laying hens vitamin D enriched feed. That change is important because there are few food sources of vitamin D. Remember that 41 IU of vitamin D is only seven percent of the recommended daily amount of 600 IU for people under the age of 70. After 70 the recommendation is 800 IU. Eggs are not the culprit for causing high cholesterol that they were once thought to be. Limiting saturated fats and trans fats is most important. Eggs do not have large amounts of these fats. All the cholesterol and fat in an egg is in the yolk, but the yolk also is where vitamins and other nutrients are found. An egg white provides about the same amount of protein as an ounce of meat.

Source: USDA Agriculture Research Service, February, 2011.

Healthier Egg Preparation:

Try making an omelet with one whole egg and two egg whites. You have the flavor and texture of eggs with less cholesterol and saturated fat.



Chef Charles Asks the Questions

How Many Eggs Can I Eat Each Day?

The 2010 Dietary Guidelines advise, "Evidence suggests that one egg (really the yolk) per day does not result in increased blood-cholesterol, nor does it increase the risk of heart disease in healthy people." The Guidelines still advise limiting dietary cholesterol to 300 mg daily, so a typical two-egg meal made with the "updated" eggs puts even healthy people over the top. And people at risk of heart disease should stay under 200 mg of dietary cholesterol daily.

People who have been told to lower their cholesterol levels by changing what they eat should first focus on achieving and maintaining a healthy body weight and cutting the saturated and trans fat in their diet. For some, eating an egg a day is fine, especially if you do not have high cholesterol levels. For people with high cholesterol, limiting daily egg consumption is a good idea.



Developed by:

Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa Department on Aging, www.state.ia.us/elderaffairs

Information & resources for seniors with home & family questions

ISU AnswerLine 1-800-262-3804

Food Safety

Never Eat Eggs Raw

Eggs require special care with handling and preparation to avoid food poisoning. Thorough cooking is an important step in making sure eggs are safe. If you use an egg dish for a quick meal remember the following tips.

Egg Dish	Recommendations
Scrambled Eggs	Cook until firm, not runny.
Fried, poached, boiled or baked eggs	Cook until both the white and the yolk are firm.
Egg mixtures (example: casseroles)	Cook until the center reaches 160 °F using a food thermometer.
Homemade ice cream or eggnog	Use a cooked egg-milk mixture that is heated to 160 °F or use pasteurized eggs or egg products found in the refrigerator section.
Meringue-topped pies	Bake at 350 °F for about 15 minutes. Avoid chiffon pies and fruit whips made with raw, beaten egg whites. Substitute whipped cream or a whipped topping.

Be Active

Consider Walking Sticks

Walking sticks or walking poles may be a new idea for you. They are used to enhance walking as you exercise. Walkers and hikers use poles to increase the intensity of the exercise and increase upper body strength. Pole exercise involves upper body and abdominal muscles, and raises the heart rate higher than regular walking. The activity is like “cross-country skiing for walkers.” The added intensity increases the number of calories burned and improves stability. Walking poles are helpful because they relieve the load that walking can place on knees, hips, ankles and lower back. Walking with poles might be just what you are looking for to



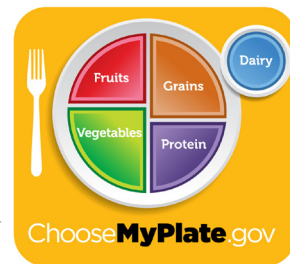
spice up your walking routine. As always, when you try a new exercise remember to start slow while you learn how to use the poles. Look for walking sticks at most sports equipment businesses.

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Listen to the Messages

Choosing to drink less sugary drinks is a key message found in both the Dietary Guidelines and the new

Choosemyplate.gov. Why? Increased consumption of added sugars paralleled the increase in weight for adults in a study reported at the American Heart Association National meeting in 2011. Researchers compared consumption of added sugar in adult diets and body weight between 1982 and 2009. They found a significant rise in both during the 27 years. Sugary drinks include beverages such as soft drinks, sweetened tea and juice drinks. Choosing water or low-fat milk is the best.



3 ways to Prevent Sarcopenia

1. Avoid excess weight gain.

2. Remain physically active.

3. Eat a varied, nutritious diet.

Resource:

A close-up photograph of a cracked egg in a carton. The egg is cracked open, revealing a bright yellow yolk and a clear, slightly runny white. The egg is nestled in a cardboard egg carton, with other eggs visible in the background, slightly out of focus. The lighting is soft, highlighting the texture of the eggshell and the vibrant color of the yolk.

1 Across: faste

2 Across: holessterol

3 Down: chick

4 Down: York

5 Down: mine

6 Down: central

7 Down: rip

8 Down: hidden

9 Down: ham

10 Down: water

11 Down: white

12 Down: team

13 Down: winter

14 Down: whet

15 Down: ring

16 Down: pores

17 Down: fresh



- 1/2 cup left over sweet corn cut from the ear
- 2 teaspoons olive oil
- 1/4 cup shredded cheese
- 1/4 cup chopped onions
- 5-6 cherry tomatoes, cut in half and hollowed

Makes 6 servings. Each serving contains: 52 calories; 5gm cholesterol; 33mg sodium; 5g carbohydrates; 84 mg potassium; 11mcg folate.

Get Egg-cited



Word Bank

Calories
Cartons
Chickens
Cholesterol
Columbus
Double
Freshness
Hen
Minerals
Pores
Pounds
Protein
Ring
Size
Taste
Vitamin
White
Yolk

Across

2. Today eggs have less _____ and more vitamin D.
4. _____ color depends on the diet of the hen. Feed containing yellow corn or alfalfa produces medium yellow yolks, feed containing wheat or barely produces lighter color yolks.
8. Eggs have thirteen essential vitamins and _____.
10. Occasionally, a hen will produce _____-yolked eggs.
11. There is no difference in _____ or nutrition between white and brown eggs.
13. Egg yolks are one of the few foods that are a naturally good source of _____ D.
15. A greenish _____ around a hard-cooked egg yolk is due to either overcooking or a high iron content in the cooking water.
16. The egg shell may have as many as 17,000 tiny _____ over its surface. Through them, the egg can absorb flavors and odors.
17. A cloudy white is a sign of _____, not age, because of a high carbon dioxide content put in when the egg is laid.

Down

1. Hens must eat 4 _____ of feed to make a dozen eggs.
2. Chickens came to the New World with _____ on his second trip in 1493.
3. There are now 200 breeds of _____.
5. Eggs are separated by _____. Minimum weights per dozen are: Jumbo (30 oz.), Extra Large (27 oz.), Large (24 oz.), Medium (21 oz.), small (18 oz.), and Pee Wee (15 oz.).
6. A large egg contains 70 _____ and 5 grams of fat.
7. Eggs contain the highest quality _____ you can buy.
9. An average _____ lays 300 to 325 eggs a year.
12. Eggs are placed in _____ large end up to keep the air cell in place and the yolk centered.
14. The egg yolk and _____ separate best when cold.

Puzzle clues found on the Egg Nutrition Center Website <http://www.eggnutritioncenter.org/page/egg-facts>



This material was funded by the Iowa Nutrition Network and USDA's Food Assistance Program. The Food Assistance Program provides nutrition assistance to people with low income. Food Assistance can help you buy nutritious foods for a better diet. To learn more about Iowa's Food Assistance Program, contact your local county Department of Human Services office. Call 2-1-1 to find out how to contact your local office. Information also can be found at www.yesfood.iowa.gov. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202)720-5964. USDA is an equal opportunity provider and employer.