

Facilitator's Guide

April 2019



"Breaking News: Eggs are Good for You

Background for Facilitators

- [The Iowa Egg Council](#)
- [The Egg Nutrition Center](#)
- [The Incredible Egg](#)

Health Risks Associated with Eggs

Statement from the 2015-2020 Dietary Guidelines for Americans: "A few foods, notably egg yolks and some shellfish, are higher in dietary cholesterol but not saturated fats. Eggs and shellfish can be consumed along with a variety of other choices within and across the subgroup recommendations of the protein foods group."

A recent article reviewed data from a number of independent studies (through 2015) to see if egg consumption had impact(s) on or was associated with heart disease (CHD) and stroke. They found:

- Eating up to 1 egg daily may be associated with reduced risk of total stroke.
Note: this is just an association, not causation
- No clear association between egg intake and increased or decreased risk of CHD. *Note: People should not be encouraged to eat an egg every day to reduce their risk of coronary heart disease; however, if they enjoy eggs, people can eat up to an egg a day as part of healthy diet.*

Eggs are nutritious. They are a relatively low-cost and provide a valuable source of protein, essential fatty acids, antioxidants, choline, vitamins, and minerals. Note that most of these nutrients, including 43 percent of the protein, are found in the egg yolk.

Eggs are not eaten in isolation. Overall healthy or unhealthy dietary patterns will always matter.

[J Am Coll Nutr.](#) 2016 Nov-Dec;35(8):704-716. Epub 2016 Oct 6.
PMID: 27710205 DOI: [10.1080/07315724.2016.1152928](https://doi.org/10.1080/07315724.2016.1152928)

Strength training resources from Mayo Clinic:

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046031>

! The suggested wording for the presentation is in regular font and the **facilitator directions are in bold, dark red italic**. It's best not to read the presentation, but to use your own words, staying close to the meaning.

Behavior Goals

Participants will:

1. Become familiar with updated guidelines for healthy aging and egg consumption.
2. Choose a new way to use eggs at home.
3. Identify at least one egg-safety tip to use more often at home.

Meeting Preparation

1. Review newsletter content and background resources in this guide.
2. Send questions to your Coordinator.
3. Purchase ingredients for food tasting. Practice making egg recipe and warming muffins in microwave.
4. Check out egg prices at local stores (you may find information online).
5. Optional display: egg cartons or types/sizes of eggs.

Props

- You may need empty egg cartons for group table discussion.

PRESENTATION

Follow Up To Last Month's Meeting (March 2019)

Last month we talked about eye health and learned about two powerful carotenoids: lutein and zeaxanthin. **Show the printed words if you have them from last month.** These carotenoids have yellow-orange plant pigments and have been shown to reduce the risks of cataracts and age-related macular degeneration.

Today, we're going to talk about eggs. Can you guess which part of an egg provides lutein and zeaxanthin? **yellow/orange yolk**

Introduction

Who has experience raising chickens or gathering eggs? What memories do you have from that experience? Who wants to share a few memories? **Allow time to share. Follow up question for those who share: Did your experience influence whether you eat eggs today?**

Nutrition Discussion

When you go to a doctor for an annual physical, they typically draw blood and look at the different types of fat circulating in your blood. Why do they do this? **primarily to assess risk of coronary heart disease**

Cholesterol is usually measured, as well, and we're told what our "total cholesterol" is. Does this sound familiar? You may have heard this common advice in the past: "Limit the number of egg yolks you eat to three per week." Does that also sound familiar?

It's important that you're aware of the most current advice so let's take a look at the latest advice related to eggs.

Refer to the article on the first page. Emphasize three key messages:

1. You can eat an egg every day as part of a healthy diet.

Eggs had a "bad reputation" because their yolks are rich in cholesterol. But current research has shown that the cholesterol from eggs has minimal impact on **blood cholesterol** when compared with trans fats and saturated fats.

The key to the current advice is to **eat them as part of a healthy diet**. Your risk of heart disease may be more closely tied to foods that are typically served with eggs — such as the sodium in bacon, sausages and ham, and the saturated fat or oils with trans fats used to fry the eggs and the hash browns.

2. Eggs are nutritious. *Emphasize one fact from the newsletter that you find most interesting. For example, were they aware that the yolk provided so many nutrients?*

3. Eggs are a good value, especially when compared to other protein foods. *Share cost information (per egg) from surrounding stores. Ask where they find the best buys on eggs.*

Group discussion at tables. Limit to 5 minutes (use timer to avoid getting behind). Discuss one or more the following topics and share out what they learn from each other, if time allows.

Option 1: Compare information on empty egg cartons. What's similar or different? What questions come to mind, if any?

Option 2: Review the egg-safety tips on page 2 of the newsletter. What information is new or surprising?

Option 3: What is their favorite method to make easy-to-peel hard-boiled or hard-cooked eggs? What do they think of the steam method described on page 3? Come to agreement on the most popular method.

Food Tasting

Recommended tasting: Muffin Pan Eggs. Practice warming muffins in microwave. A lower power setting may be needed to avoid over-cooking.

Teaching tips:

1. Serve immediately or store in the refrigerator until ready to eat.
2. Store in an airtight container in the fridge for about 4 days.
3. To **reheat**, pop them in the microwave until warm. (Don't overcook!)
4. Question: What other veggies could be used in this recipe?

Physical Activity

There's an article on page 3 that talks about muscle loss after the age of 50. (Power UP with Egg Protein) What percent of muscle is typically lost each year? **1 to 2 percent** That can add up over the years. Inactivity is a strong contributor to muscle loss. So let's move!

Last month we practiced side arm raises. Raise your weakest arm if you did them at home last month. **Reinforce that all movement counts and these exercises can be done from a chair while they watch TV!**

This month, we'll focus on a different set of muscles. We're going to do a simple exercise that can strengthen muscles in our **shoulders**.

Strength exercises = Exercises that build and strengthen muscles

Note: Start without weights, and as you gain strength you can add weight in increments of 1 or 2 pounds. Cans of soup and water bottles make a good substitute for weights.

Shoulder Press

5. Sit in a chair with your back straight.
6. Keep feet flat on the floor even with your shoulders.
7. Hold hand weights straight down at your sides with palms facing inward.
8. Raise both arms to side, shoulder height (or a height that's comfortable).
9. Hold the position for 1 second.
10. Slowly lower arms to the sides. Pause. Repeat 8 to 15 times.
11. Rest; then repeat 8 to 15 more times.

Take Action

Refer to testimonial. Becky is an avid volunteer and is passionate about exercise. How many days of the year did she exercise? **309**

Share one of your passions. It doesn't have to be related to food or exercise. Maybe you're passionate about bird watching or playing piano. I'm going to start.

I'm passionate about _____ and I'd like to _____ more often.

Hold up a symbol of your passion and pass it around as others share.

Additional resources: The next page has true/false statements that could be used for a display board, handout or game.

Are you an egghead?

I'm not insulting you. An egghead is an intellectual! Let's see how much you know about eggs. *Use the following questions as a game or incorporate into a handout or display.*

True or False:

- The color of a chicken's earlobe is often related to egg color. **TRUE**
The breed of the hen determines the color of the egg shell, and it can range from white to deep brown—and blue in some breeds.
- Chickens that lay brown eggs have shorter life spans, making brown eggs usually more expensive than white. **FALSE**
Breeds that lay brown eggs are typically slightly larger birds and require more food, making brown eggs usually more expensive than white.
- You can tell whether an egg is fresh or stale by dropping it in water. A fresh egg will float, but a stale one will sink. **FALSE**
It's the opposite.
- Someone put some eggs in a dish in your refrigerator and you don't know if they are raw or cooked. To tell if an egg is raw or hard-cooked, you can spin it. **TRUE**
If an egg spins easily, it is hard-cooked but if it wobbles, it's probably raw.
- Yolk color depends on the diet of the hen. **TRUE**
Yep, this is true. Remember carotenoids?
- As a hen grows older, she produces smaller eggs. **FALSE**
An older hen produces larger eggs.
- Egg yolks are rich in nutrients but the egg white has all the protein. **FALSE**
Most of the eggs' nutrients and 43 percent of an egg's protein is found in the yolk. Egg yolks have fat-soluble nutrients like vitamin D, E, A, choline, and the antioxidants lutein/zeaxanthin. Plus, the fat, which is mostly unsaturated and found in the egg yolk, aids in the absorption of these essential and important egg components.



FRESH CONVERSATIONS



Contact:

Name: _____

Phone: _____

Iowa Nutrition Network
Iowa Department of Public Health
(515) 281-6047

What is the
conversation
about?

April Conversations

- Eggs are healthy!
- Are you an eggs-pert? Learn more about eggs
- Sample a tasty muffin pan egg

When?

Where?

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN, FELLOWSHIP & FOOD**

Information & resources for seniors with home & family questions
ISU AnswerLine 1-800-262-3804