



IOWA DEPARTMENT OF PUBLIC HEALTH'S

FRESH CONVERSATIONS

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A Healthy Living Newsletter for Seniors

“Breaking” News: Eggs are Good for You

Featuring guest author Nancy Macklin, a registered dietitian and Egg Nutrition Specialist for the Iowa Egg Council

Do you remember being told to limit eggs, especially not to eat more than three egg yolks per week? This was because egg yolks are rich source of cholesterol.

The link between whole eggs and heart disease has been hotly debated for decades and continues today. But if you like to crack open an egg at breakfast, you'll be happy that new research supports a more generous recommendation.

Recent data from long-term studies show that a moderate consumption of eggs, even one a day, isn't likely to increase your **cardiovascular disease risk overall**, including coronary heart disease and stroke.

Eggs are nutritious.

They provide high quality protein, **13** essential vitamins and minerals (mostly in the yolk) and just 70 calories per egg.

Eggs are also an excellent source of lutein. Lutein is a major part of the macular pigment in the eye which blocks harmful blue light and reduces macular damage. While spinach and other leafy greens have more lutein per serving, it's not as well absorbed by your body as the lutein found in eggs.

Eggs are affordable and versatile.

At 15 cents per egg, they're one of the least expensive sources of protein. They're easy to cook and chew, and people love them.

There's no need to use eggs only at breakfast. Scramble or poach an egg for lunch or dinner. And hard-boiled eggs make a great snack; check out more tips on page 3.

Eggs-celent!

You **CAN**
enjoy eggs as
part of your
healthy diet!

Iowa's egg farmers lead the nation in egg production, caring for nearly 58 million laying hens producing nearly 16 billion eggs per year.

Alexander DD, et. al. Meta-analysis of egg consumption and risk of coronary heart disease and stroke. *J Am Coll Nutr.* 2016. 6:1-13.
Cardiovascular Risk Among Adults with Diabetes or Impaired Fasting Glucose in the Framingham Offspring Study. *Nutrients.* 2018 Jun 14;10(6)
Drouin-Chartier, J-P, et. al. Egg consumption and risk of cardiovascular disease. *BMJ* 2020; 368:m513.

Eggs-pand Your Knowledge

Egg Safety Tips



- Refrigerate eggs. Place carton on an inside shelf, not the door.
- Separate eggs from other foods in your grocery cart and bag.
- Discard cracked or dirty eggs.
- Cook until the white and yolk are firm or until the internal temperature is 160F.
- Don't keep eggs warm or at room temperature for more than 2 hours.
- Refrigerate leftovers with eggs ASAP.
- Avoid eating raw eggs.

Additional information is available www.eggsafety.org

How long can you keep eggs?

When properly handled, they rarely spoil. However, if you keep them too long, they're likely to dry up. Here are some general guidelines to help you.

Raw whole eggs (in shell)	4-5 weeks beyond the pack date or 3 weeks after purchase
Raw whole eggs (slightly beaten)	Up to 2 days
Raw egg whites	Up to 4 days
Raw egg yolks	Up to 2 days
Hard-boiled eggs (in shell)	Up to 1 week
Hard-boiled eggs (peeled)	Use same day for best quality

Egg Q&A



What's up with green eggs?

Why do my eggs turn green when I use a cast iron skillet? A chemical reaction takes place between the iron in the skillet and sulfur in egg whites. The eggs are safe to eat even if they don't look very good!

Why is the yolk green in my hard-boiled eggs?

This is the same chemical reaction and happens when the eggs have been cooked too long or at too high a temperature. It's fine to eat these eggs. You can prevent it by steaming or cooking eggs in boiling water and then cooling immediately in ice water.

Why do hard-boiled eggs spoil faster than fresh eggs?

Shell eggs have a protective coating that's washed away when they're cooked in boiling water. This leaves the pores in the shell open for bacteria to enter. Hard-cooked eggs should be refrigerated within two hours of cooking and used within one week.

What's a free-range egg?

Eggs produced by hens that have some access to the outdoors. In addition to consuming a diet of grains, these hens may forage for wild plants and insects. They're provided floor space, nesting space and perches.

<https://www.incredibleegg.org/cooking-school/tips-tricks/egg-storage/>

Power UP with Egg Protein



Want more healthy fat in deviled eggs? Try mixing in smashed avocado.

After age 50, muscle mass declines at a rate of 1 to 2 percent each year. This gradual loss of body protein comes from muscles that support bones, organ tissues and important proteins that circulate in our blood. Have you noticed a change in your muscles over time?

To slow or reverse this loss, move your muscles every day and eat protein-rich foods three times a day. If you don't eat three meals every day, consider a protein snack with hard-cooked eggs:

- Sprinkle with salt-free seasoning or dip in a tasty salad dressing.
- Add to salads (lettuce, potato, tuna or salmon).
- Slice, season and serve on toast.
- Make a batch of deviled eggs and snack away!

Easy-Peasy Hard-Boiled Eggs: Try Steaming!

If you have a veggie steamer, try this new method to hard boil eggs. You'll get soft, easy-to-peel eggs with NO ugly green rings. Keep for 1 week in the fridge.



Try me!
Steam eggs
for a grab-
and-go
snack.

- Use up to 1 dozen eggs.
- Bring 1-inch of water in a large saucepan to boiling over high heat. Carefully place steamer insert into pan.
- Add eggs using a large spoon or tongs. Cover pan. Cook 12 minutes for large eggs or 13 minutes for extra large eggs.
- Drain eggs under cold running water and place in an ice bath to cool.
- Refrigerate in a covered container. Peel when ready to use.



Testimonial

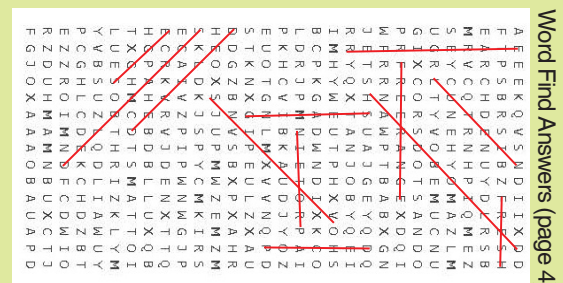
Becky enjoys learning new nutrition tips from *Fresh Conversations* meetings in Independence.

Vibrant, compassionate, volunteer—three words that describe **Becky Van Daele**. And Becky's an avid volunteer. She gets nearly 10,000 steps on her Fitbit when volunteering at the Healthy Lifestyle Senior Center!

Becky's wellness plan includes a variety of activities. In addition to volunteering, she exercises at the local wellness center (309 out of the last 365 days) and attends health classes. *Fresh Conversations* is one of her favorites. "It refreshes my mind and keeps me on track."

Produce boxes are distributed weekly at Becky's center to help seniors access healthy foods. "It's so nice to have lettuce, bananas, apples and other foods arrive at the site on Fridays."

Becky's advice? Embrace life. "I've seen hard times. I survived cancer and an armed robbery in the same year." She encourages everyone to explore ways to enhance health and happiness.



Word Find Answers (page 4)

Recipe of the Month

Muffin Pan Eggs



These easy-to-make eggs are great for any meal. Cool and refrigerate leftovers; microwave an egg for a quick meal.

Serving size: 6

- 8 eggs
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- $1\frac{1}{2}$ cups cheddar cheese (grated)
- 1 cup chopped broccoli
- $\frac{1}{2}$ cup finely chopped onion
- $\frac{1}{2}$ cup chopped red or green pepper

Preheat oven to 350°F. Whisk together eggs, milk, salt and pepper. Stir in cheese, broccoli, onion and pepper. Spoon mixture evenly into greased 6-cup jumbo muffin pan.

Bake for 35 to 40 minutes or until tops are puffed and knife inserted in center of quiche comes out clean. Run knife around edges of muffin cups; carefully remove.

One egg muffin contains: 250 calories; 18g fat; 9g saturated fat; 285mg cholesterol; 400mg sodium; 5g carbohydrate; 1g fiber; 3g sugars; 18g protein.

Source: iowaeggcouncil.org

Breakfast quesadilla idea: Sprinkle cheese on a corn tortilla, top with a sliced egg and a tablespoon of salsa. Top with a second tortilla. Warm in pan on each side—just a minute or two—until tortilla is toasted and cheese melts.

Word Search

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A E E E K Q V S N D I I X D D
F T P S B R S I B Z F R E S H
E A R C H D E N U Y D L R S B
M R V C Q T R N H P I Q M E Z
S E Y C U N E H Y O M A Z L M
U G R L T Y V O B E M U C N U
G I X C O R S D O T S A N D O
P R F R E E R A N G E X D Q I
W F R R N A W P T B A B X G N
J E T S H S U A J G E Y Q D Q
R R Y Q X T A N J O B Y Q E I
I M H Y W E U T P H X V O H S
B C P K G A D W N D I X K C O
L D R J P M N I E T O R P A I
P K H C V I B K A U D J Y O Z
E U O T G N L M X V V N Q P D
S T K N X G I P E U L Z X A U
D D G Z B N V S B X P X A H R
H E O X S J U P M W Z E M Z M
S K L D K J S P Y C M K I R S
E C A I V Z P I P W N W G J P
E C R K V R V J D E N X T T Q
H G P A H E B D B L L U X Q B
T X G H M C D T S M A T T O I
L U E S O B T H R I Z K L Y M
Y V B S U Z L Q D L I A W U Y
P C G H L C D E K C H D Z B T
E Z Z R O I M N D F C D W I O
R Z D U H M A M N B U X C T J
F G J O X A A A O B A U A P D
  
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deviled	hard boiled	refrigerate
eggs	lutein	scrambled
free range	poached	steaming
fresh	protein	vitamins

Take Action Corner

This month I will...
