

Eggs provide Nutritional Goodness for People Affected by Diabetes

Canadians, including those affected by diabetes, are rediscovering how well eggs fit into a healthy lifestyle.

Eggs are a treasure house of good nutrition. The protein in eggs is the highest quality protein of any food. In fact scientists often use egg protein as the gold standard to measure the protein quality of other foods. This high quality protein contains all nine essential amino acids and provides healthy, lasting energy.

Eggs are an excellent source of folate, vitamin B₁₂ and riboflavin. Folate helps build healthy red blood cells and may also prevent heart disease. Eggs are also a good source of vitamin A, vitamin E and niacin. The antioxidants lutein and zeaxanthin, which are also found in eggs, help prevent problems with eye health such as cataracts and macular degeneration.

Maintaining a healthy body weight is especially important for people with diabetes. Mother nature has conveniently served up a single serving package. Eggs are part of the Meat and Alternatives Group in *Canada's Food Guide to Healthy Eating* and one large egg contains only 70 calories and zero carbohydrates.

With one large egg containing just 5 grams of fat, eggs can easily fit into a lower-fat diet. For those with diabetes, eggs help keep blood sugar levels in check because protein controls the rate at which glucose is absorbed. Slower glucose absorption prevents any drops or spikes in blood sugar, and also helps to regulate appetite.

Zippy Devilled Eggs

Devilishly simple-to-make,
easy-to-love appetizers



12	hard-cooked eggs, peeled	12
1/3 cup	light mayonnaise or salad dressing	75 mL
3 tbsp	chili sauce	45 mL
1 tsp	Dijon-style mustard	5 mL
1/4 tsp	hot pepper sauce	1 mL
	Snipped chives or paprika	

Slice eggs in half lengthwise; remove yolks and set whites aside. Mash yolks in a small bowl. Stir in the mayonnaise, chili sauce, mustard and hot pepper sauce. Pipe or stuff egg yolk mixture into egg whites. Sprinkle with chives or paprika. Refrigerate until serving.

Tip: Place the filling for devilled eggs into a re-sealable plastic bag, then snip off a corner to pipe the filling into the hard-cooked egg whites. If you have to carry the devilled eggs to a party, place one egg in each cup of a muffin pan. At the gathering, you can transfer them to a plate.

Nutrients per serving (based on 1/2 egg):

Calories	49
Protein	3.2 g
Carbohydrate	0.9 g
Fat	3.5 g

Eggs. Rich in Protein.

Shredded Omelette Primavera



1	Cooking spray	
1	small onion, cut into thin wedges	1
1	green or red pepper, seeded and thinly sliced	1
1	carrot, thinly sliced	1
1 cup	small broccoli flowerets	250 mL
1 tbsp	water	15 mL
2 tsp	instant chicken bouillon mix	10 mL
4	eggs	4
1/4 cup	water	50 mL
	Salt and pepper, to taste	
	Tomato pasta sauce, heated	

Spray a non-stick skillet with cooking spray. Sauté onion, peppers, carrot and broccoli with 1 tbsp (15 mL) water and chicken bouillon mix over medium heat until tender-crisp; set aside and keep warm.

Beat eggs with 1/4 cup (50 mL) water; season with salt and pepper. Spray an 8-inch (20 cm) non-stick skillet with cooking spray. Heat skillet over medium-high heat. Pour in one third of egg mixture. As mixture sets at the edges, with spatula, gently push cooked portions towards centre. When eggs are almost set, slide on to a warm plate.

Repeat with remaining egg mixture to make 2 more omelettes, stacking them on to a plate. Roll the stack of omelettes together to form a cylinder. Slice crosswise into thin shreds. Divide the shredded omelettes between two serving plates. Top with tomato pasta sauce and serve with sautéed vegetables.

Makes 2 servings.

Nutrients per serving:	
Calories	210
Protein	14.7 g
Carbohydrate	12.9 g
Fat	11.4 g

One large egg (53 g) provides the following Percentage of Recommended Daily Value:

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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