

Eggs provide Nutritional Goodness for Seniors

Protein is important throughout the life cycle

As we age, it is very important to consume nutrient-dense, high quality protein foods that are not high in fat, such as eggs. Many people suffer from loss of muscle mass with age, resulting in reduced bone density, decreased energy metabolism and increased body fat. Research has shown that higher dietary protein intake has been associated with a reduced risk of hip fracture, a major cause of functional decline among the elderly.¹ This emphasizes the importance of daily exercise and consumption of nutrient-dense, high protein foods.

Besides being an excellent source of protein, eggs provide a wide array of vitamins and minerals. Folate, vitamin B12, vitamin D, iron, zinc and phosphorus are all found in egg yolks and are important for your body as they are linked to disease prevention. Vitamin D and phosphorus are crucial for bone health; folate and vitamin B12, help protect against heart disease; and zinc is important to maintain a strong immune system. Antioxidants, such as vitamin A, vitamin B6 and folate, protect the body against some cancers and may slow the aging process.

If you've been avoiding eggs because of concerns linking dietary cholesterol and coronary heart disease, it's time to reconsider. Research from the Harvard School of Public Health shows that healthy adults can enjoy an egg every day without increasing their risk of heart disease.²

References:

1. Wengreen et al. *Dietary protein intake and risk of osteoporotic hip fracture in elderly residents of Utah.* J Bone Miner Res. 19(4):537-45 (2004).
2. Hu et al. *A prospective study of egg consumption and risk of cardiovascular disease in men and women.* JAMA 281(15) 1387-1394 (1999).

Egg in Ham Cup



1	Vegetable spray	
1	slice deli ham	1
1	green onion, finely chopped	1
2 tbsp	shredded Cheddar cheese, divided	30 mL
2	eggs	2
2 tbsp	low fat plain yogurt or sour cream	30 mL
	Freshly ground pepper, to taste	
2 tbsp	finely chopped fresh parsley	10 mL

Spray a 10 oz (300 mL) microwavable cup with vegetable spray. Place ham slice in cup. Sprinkle with onion and 1 tbsp (15 mL) shredded cheese. In a small bowl, beat together eggs, yogurt and pepper until blended; pour into cup. Sprinkle with parsley and remaining cheese. Cover loosely with plastic wrap, turning it back slightly to vent. Microwave on medium-high (70%) for 2 1/2 to 3 minutes or until cooked as desired. Remove from microwave but do not remove plastic wrap; let stand for 1 minute. Remove plastic wrap and serve.

Makes 1 serving.

Suggestion for Complete Meal: Serve with orange wedges, toast and a glass of milk.

Nutrients per serving:

Calories: 261 Protein: 22.9 g Carbohydrate: 4.9 g Fat: 16.6 g

Eggs – Nutritious, Delicious and Single Serving Sizes



Eggs in a Tomato

1	large tomato	1
	Salt and pepper, to taste	
2	eggs	2
½ tsp	Italian seasoning	1 mL

Cut off a thick slice, about ½-inch (1 cm), at the stem end of the tomato; set slice aside. Scoop out seeds and centre pulp. Season with salt and pepper. Place tomato upside down on a paper towel to drain for about 5 minutes. Place tomato upright in a small microwave-safe bowl. Break eggs into tomato. Pierce egg yolks with a fork. Sprinkle with Italian seasoning and place top slice over tomato. Microwave on medium-high (70%) for 3 minutes and 45 seconds or until egg is almost cooked. Let stand 2 minutes.

Makes 1 serving.

Suggestion for Complete Meal: Serve with seven-grain toast, a small wedge of cheese and a glass of pink grapefruit juice.

Nutrients per serving:

Calories:	170
Protein:	13.3 g
Carbohydrate:	7.5 g
Fat:	10.3 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 B ₁₂	50%	Folate	15%

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