



The Benefits of Eggs Unscrambled!

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Are eggs good or bad for you? The answer has finally been unscrambled.

Recent research has highlighted that the cholesterol found in eggs has a minimal effect on blood cholesterol levels. An average of 1 egg per day can easily fit into a healthy diet. So, despite eggs unhealthy reputation in the past, we now know that eggs are a great choice:

- **They are an excellent source of protein.** Getting enough protein from your meals can be especially challenging during breakfast time. Eggs can help! Each large egg has 6 grams of protein. Add them to your breakfast to help spread your protein intake more evenly throughout the day.
- **They are nutritious.** Don't throw out the yolks, as they contain almost half of the protein and many other healthy nutrients, such as choline, folate, vitamin B12 and vitamin A.
- **They are affordable and readily available.** Some organic or omega-3 enriched options can be more expensive so stick to the regular option. Eggs are a good choice any way.
- **They are versatile and easy to use.** Perfect for quick meal with family or friends. Get the little ones involved too – teach them how to crack open an egg and whip up some delicious scrambled eggs!

Here are some simple ideas of how to incorporate more eggs into your diet:

- Hard boil eggs and keep them in the fridge for easy snacks or additions to meals.
- Bake mini-quiches in muffin cups for a quick grab-and-go option in the morning, or make a sandwich with an English muffin and microwave it with a slice of cheese for a quick meal.
- Egg salad is a great staple when you just don't know what to pack for lunches. You can make it ahead of time and keep it in the fridge for 2-3 days.
- Try a healthier version of "fried" rice at home. Stir-fry brown rice, with your favourite vegetables, and some eggs.
- Top pizza or sautéed greens with an over-easy egg.

Want some more delicious and nutritious ideas? Visit Breakfast for Learning's Nutrition corner at <http://www.breakfastforlearning.ca/services-info/nutrition-corner/>.

About Breakfast for Learning

Breakfast for Learning is committed to helping children across Canada realize their full potential in life by ensuring they attend school well nourished and ready to learn. Breakfast for Learning has been helping support student-based nutrition programs in every province and territory for 23 years. During the 2015/16 school year, Breakfast for Learning funded 1,887 breakfast, lunch and snack programs, supporting 238,853 children with more than 40 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped 3.8 million children enjoy over 594 million healthy meals and snacks. For more information, please visit www.breakfastforlearning.ca.