



EGG-CEPTIONAL

egg

The high-quality protein found in eggs helps build muscle and can keep you feeling fuller longer, which contributes to maintaining a healthy weight.

DID YOU KNOW?



- One large egg contains approximately 70 calories, 6 grams of protein and 13 essential vitamins and minerals!
- Eggs range in size from jumbo to pee wee.
- The color of the eggshell comes from the breed of the hen that laid it; an egg's shell color does not affect its nutrition.
- The egg yolk contains all of the fat and cholesterol in an egg.

WELLNESS TIP

Mix it up. Don't stick to the same workout routine for too long, or your body will adjust to the stress level and your workout will not be as effective.

SHOPPING, PREPARING AND STORING



- When shopping for eggs, open the carton to make sure none of the eggs are cracked.
- Raw eggs in their shells can be kept in the refrigerator for three to five weeks.
- Store eggs in their original carton in the coldest part of the refrigerator and not in the door where temperatures may fluctuate when opened and closed.

COOKING TIPS



- You can try poaching, hard-boiling, scrambling, frying or even baking eggs.
- Eggs should be cooked thoroughly until the egg whites are set and the yolk is firm.

AVOCADO & EGG SALAD

serves 6

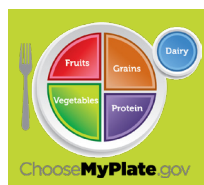
- 2 avocados, peeled, pitted and cubed
- 1 lemon, juiced
- 10 large hard-boiled eggs, peeled
- 1/2 red onion, minced
- 1/2 cup low-fat mayonnaise
- Salt and pepper, to taste
- 1/2 teaspoon paprika



1. Lightly toss avocado cubes with lemon juice in a serving bowl.
2. Chop 6 of the hard-boiled eggs and add them to avocado cubes, along with the onion.
3. Add mayonnaise to avocado mixture and gently mix.
4. Season to taste with salt and pepper.
5. Slice the remaining eggs and use as garnish atop the salad.
6. Sprinkle salad with paprika.
7. Serve chilled with salad greens or as a sandwich filling.

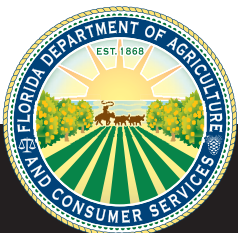
Recipe adapted from Chef Justin Timineri, C.E.C.,
Florida Department of Agriculture and Consumer Services

Calories: 325; Total Fat: 24 g; Saturated Fat: 5 g;
Total Carbohydrates: 13 g; Protein: 13 g; Sodium: 305 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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