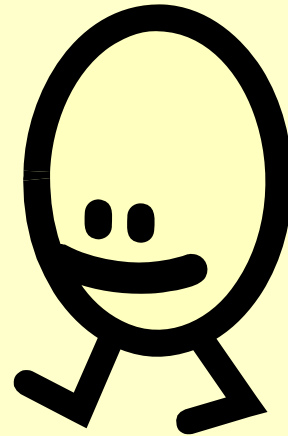




## Become an Eggs-pert!

### Eggs are Nutritious!

- 70 Calories for one large egg.
- Contain 13 vitamins and several minerals.
- Low in saturated fat.
- A complete protein and are a part of the Meat/Bean food group.

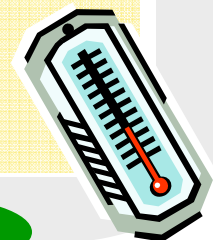


### What's the Deal with Cholesterol?

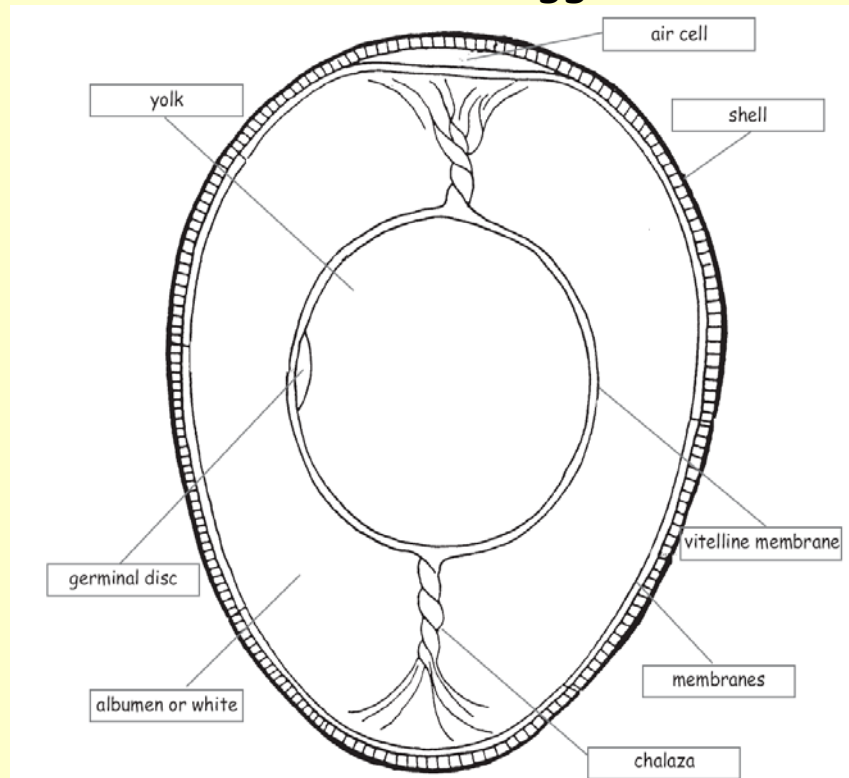
- Cholesterol is a waxy type substance produced by all animals.
- Eggs contain 213mg of cholesterol per egg.
- Eating one or more eggs per day does not increase the risk of heart disease in a healthy adult.

### Food Safety First!

- Only buy refrigerated eggs. Refrigerate eggs at home at 40°F or below in their carton.
- Wash your hands.
- Cook eggs mixtures and casseroles until they reach 160°F.
- Cook until yolks are firm.
- Use pasteurized egg products if dishes cannot be cooked to 160°F.



## What's in an Egg?



### Test your Egg Smarts!

1. An egg is high in fat. T/F
2. For most people, it is important to eat less saturated fat than to eat less dietary cholesterol. T/F
3. Candling is used for grading eggs. T/F
4. Eggs are part of the dairy group. T/F
5. Two large eggs equal one ounce of meat. T/F

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Reviewed by Connie Crawley June 2011