



# EGGS

a heart-smart choice

## Unscrambling cholesterol

For many years people thought they had to limit dietary cholesterol. As science has evolved, so too has the thinking on cholesterol.

Current lifestyle guidelines to prevent and manage heart disease and stroke do not recommend a limit on dietary cholesterol.

Decades of research confirm dietary cholesterol, from foods like eggs, have little effect on blood cholesterol in most people.

## A whole lot of good

Saturated fats tend to raise blood cholesterol. If you eat mostly natural whole foods and limit highly processed foods, saturated fats should not be a concern.

Do your best to limit foods such as cookies, doughnuts, potato chips, chocolate and processed meats. They're a major source of saturated fats, sugar and salt.

You can enjoy foods that naturally contain some saturated fat like eggs, lean meats, poultry, fish and milk products. They're loaded with nutrients and are good choices in healthy amounts.

### great choices:



eggs



lean meats



poultry



fish



milk products

### eat fewer:



cookies



doughnuts



potato chips



chocolate bars



processed meats

## Take heart



eat well



don't smoke



be active



aim for a healthy weight

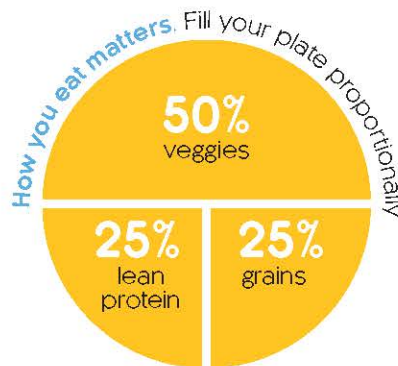
Watching your blood cholesterol? Healthy habits can help improve your blood cholesterol levels and protect your heart health.

## Eggs-actly what you need

Eggs are one of nature's most nutritious foods with

# 14

important nutrients



that's the healthy kind



### Balance

your meals with **veggies** and **fruit, whole grains** and **lean protein**

Eggs are an excellent source of **high-quality protein** with

# 6.5

 grams per large egg

# Now you're cooking!

It's easy to fit eggs into heart-healthy meal plans by including a balance of naturally nutritious foods. There are lots of healthy ways to enjoy eggs:

- ✔ **Fill omelettes** with veggies like spinach, mushrooms and onions.
- ✔ **Add sliced hard-boiled eggs** to salads for a high-quality protein.
- ✔ **Top open-faced sandwiches** with vegetables and poached eggs.

## Niçoise Salad

Eggs team up with tuna and olives in this hearty, protein-packed Mediterranean salad. Serves 2.

### You'll Need:

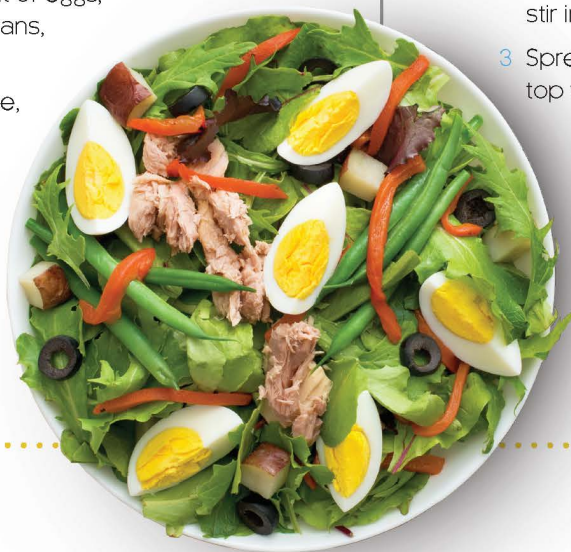
- 4 cups (1 L) mixed salad greens
- 3 hard-cooked eggs, peeled and cut into wedges
- 1 can (170 g) water-packed tuna, drained and broken into chunks
- 2 small red potatoes, cooked and cubed
- 1 cup (250 mL) cooked green beans
- ½ cup (125 mL) roasted red peppers, well-drained and cut into strips
- 2 tbsp (30 mL) sliced and pitted black olives

### Dressing:

- 2 tbsp (30 mL) extra virgin olive oil
- 1 tbsp (15 mL) lemon juice
- 1 tsp (5 mL) Dijon mustard
- Pinch of pepper

### Prep and Cook:

- 1 Divide salad greens between two plates. Top with an equal amount of eggs, tuna, potatoes, green beans, red peppers and olives.
- 2 Whisk olive oil, lemon juice, mustard and pepper in a small bowl or cup.
- 3 Drizzle the dressing over salad when you are ready to eat.



## Eggs and Avocado Toast

Sunny-side up, this healthy open-face sandwich is sure to satisfy for breakfast or lunch! Serves 2.

### You'll Need:

- 2 tbsp (30 mL) olive oil
- 4 large eggs
- ¼ tsp (1.25 mL) salt and pepper
- 1 ripe avocado, pitted and peeled
- 2 tbsp (30 mL) lime juice
- 2 tbsp (30 mL) finely chopped fresh cilantro
- ¼ tsp (1.25 mL) salt
- ¼ tsp (1.25 mL) ground cumin
- 4 slices whole wheat bread, toasted
- 1 large tomato, sliced

### Prep and Cook:

- 1 Heat oil in non-stick skillet over medium heat. Break eggs into skillet and season with salt and pepper. Cover and cook for 2-3 minutes until egg whites are just set for sunny-side up.
- 2 Meanwhile, mash avocado with lime juice and stir in cilantro, salt and cumin.
- 3 Spread avocado mixture evenly over toast, top with tomato slices and cooked eggs.



### Extra! Extra!

Turn leftovers into something extra special like a quiche loaded with last night's veggies