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 apart 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 egg 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.
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 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 equals one ounce of meat. T/F

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. The University of Georgia Cooperative Extension and the Colleges of Agricultural and Environmental Sciences & Family and Consumer Sciences offer educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.

An Equal Opportunity Employer/Affirmative Action Organization
Committed to a Diverse Work Force

Bulletin # FDNS-E-89-65 Date July 2007
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences and the U.S. Department of Agriculture cooperating.

Dr. Scott Angle, Dean and Director