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Healthy Eating: The Incredible Edible Egg

"An Egg today is better than a Hen to-morrow."
Benjamin Franklin (1706-1790) Poor Richard's Almanac

An egg is one of nature's most nutritious creations. Eggs are protein-rich, low in sodium, and contain vitamins and minerals. In addition, eggs are inexpensive, delicious, and easy to prepare.

Eggs are an excellent source of protein and can be used to meet your protein needs. A large egg contains 6 grams of protein, 4.5 grams of fat (1.5 of which is saturated fat), and 213 milligrams of cholesterol, 22 percent less than previously thought based on a 1989 study. A large egg contains 80 calories each. Egg whites are basically pure protein. One large egg white contains 17 calories, 4 grams of protein, zero fat, zero cholesterol and 55 milligrams of sodium. When large eggs cost 95¢ a dozen, they are only 63¢ per pound.

Egg Substitutes

There are different kinds of egg substitutes available. Usually ¼ cup liquid egg substitute is equal to one whole fresh egg. Egg substitutes are made from real eggs, using only the whites. Vitamins and other nutrients are added that are lost when the yolk is removed. By eliminating the yolk, all of the fat and cholesterol and more than half of the calories are cut out. Egg substitutes are colored with beta carotene to make them yellow. Egg substitutes have a shelf life of up to 90 days from the time they leave the production line. With proper refrigeration, egg substitutes can be used within seven days of opening. The product can be frozen if unopened. Once the product has been opened, it must be used within 7 days. Do not freeze part of an opened package. Also, once the product has been thawed, do not refreeze.

Egg Tips

- Use only properly refrigerated, clean, sound shelled, fresh, grade AA or A eggs.
- Buy eggs from refrigerated cases. Always refrigerate eggs at home. Check the expiration date on the carton. Properly refrigerated raw eggs will keep without significant quality loss for about 3 weeks after you bring them home.
- Eggs are porous and will absorb odors from your refrigerator so it is important to

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