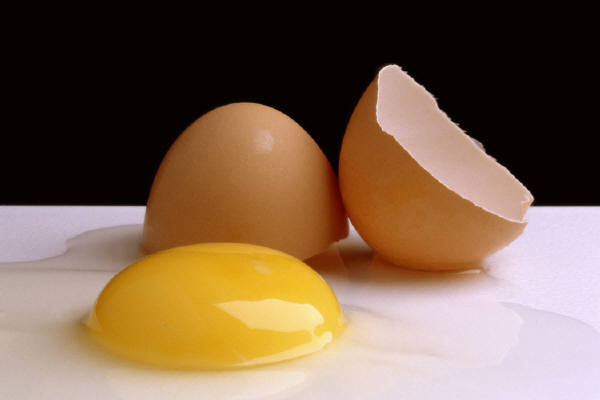
**Eggs**

The question: Is an egg good?

Yes it is!! And here’s why?

* Only 71 calories & 6 grams of protein
* Excellent source of vitamins and minerals, including Vitamin D
* Does *not* raise the ‘bad’ cholesterol
* Affordable and Versatile!!!

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**Things to Know…**

Eggs are high-quality, complete protein and the **‘Gold Standard’** (all other protein sources are compared to it)!

High-quality protein has been shown to reduce calorie intake, keep you full and energized, and help build and keep muscle mass. Anti-oxidants found in egg yolks have been shown to reduce development of cataracts.

Vitamin D, a major nutrient in bone health, can be found in eggs, one of its FEW natural food sources.

When buying eggs, if the price increase for the next larger size is 7 cents or less/dozen, then the larger size is a better deal because you get more egg for your money.

**Refrigerate eggs at 45 degrees** Fahrenheit or less when purchased. Keep eggs refrigerated until use. Keep a maximum of two weeks supply of eggs, and rotate your stock.

You can poach, scramble, serve sunny-side up or over easy, hard- or soft-boiled, baked or fried.



Created by Brent Haugle, UW-Stout Dietetic Intern February 2013