

Cracking the benefits of eggs

VERY LOW SUGAR

For people who need to watch their sugar or carbohydrate intake, eggs can be a good option. A large egg contains less than a fifth of a gram of natural sugar.

HEALTHY FATS

Eggs contain omega-3 fats. These fats help with brain function. Experts think omega-3 fats may also help improve heart health.

Eggs are low in saturated fat. Saturated fat is the type of fat linked to heart disease and other health problems. Most of the fat in eggs is found in the yolk.

PROTEIN

A large egg contains about 6 grams of high-quality protein. Protein can help you feel fuller, longer. This is because it's slower to digest than carbohydrates.

Protein is the building block for many important functions in the body. It helps build new skin, bones, muscles and blood.

Protein may also help you keep your energy levels up throughout the day.

VITAMINS AND MINERALS

Eggs contain a number of vitamins, including:

- Vitamin A, which is important for eye health
- Vitamin B12, which helps make red blood cells
- Folate, which can help prevent certain birth defects in pregnant women and is needed to make DNA in the body
- Vitamin D, which is important for bone health and immune system function

Eggs also contain minerals that the body needs, such as iron, selenium and iodine.

ENJOY EGGS SAFELY

Eggs should be cooked thoroughly before eating. Raw or undercooked eggs can have dangerous bacteria like salmonella. This can make a person very sick. But, cooking eggs until the yolks are firm helps avoid this risk. Eggs should also be kept in the refrigerator. Don't use any eggs that are past the expiration date.

If you have any health conditions, ask your doctor before making changes to your diet.

Sources: Academy of Nutrition and Dietetics, National Institutes of Health, United States Department of Agriculture