

GET CRACKIN’

10 things you should know about . . . eggs

- 1) For most people, the cholesterol found in egg yolks will have little, if any, effect on blood cholesterol levels. Saturated fat and trans fats are the true villains.
- 2) The yolk is home to more of the egg’s vitamins and minerals than the white, including all of its vitamins A, D, E and K.
- 3) Egg whites sold in cartons have been pasteurized using high temperatures to kill off bacteria and are safer to consume raw than egg whites from whole raw eggs.
- 4) There are no nutritional differences between brown and white eggs.
- 5) Egg yolks are also rich in lutein and zeaxanthin — antioxidants that protect your eyes from oxidative damage.
- 6) Eggs are a great source of choline, a nutrient that’s essential for brain function and memory.
- 7) Organic eggs come from hens fed food that was grown without pesticides and not treated with antibiotics.
- 8) “Free-range” and “free-run” are poorly regulated labels meaning that hens may or may not get ample time to play in the sun.
- 9) Hens raised outside a cage and fed a grain/plant-based diet produce eggs with higher amounts of certain nutrients such as Vitamin E and carotenoids.
- 10) Eggs are known to play host to Salmonella enteritidis, which can cause severe illness when consumed raw. Forget Rocky; cook your eggs to avoid getting this bug.

— *Matthew Kadey, MS, RD*

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