

EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Start your day the Egg-cellent way!

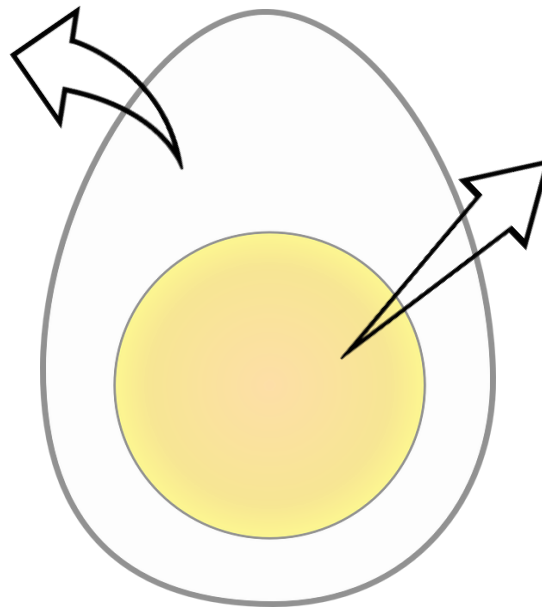
How do you like your eggs in the morning? You can find them at the dining halls either scrambled, hard-boiled, at the omelet station, or you can create your own breakfast sandwich, but eggs are more than just a versatile breakfast food. For only 72 calories, one large egg *shells out* protein (~6 grams), Vitamin D, choline, and other essential nutrients. Read on to *crack open* the facts behind these nutrient powerhouses.

Egg White

Compared to a whole egg, egg whites are lower in calories, cholesterol, fat, vitamins, and minerals

Egg whites contain almost no fat and provide on average 60% of the total protein in an egg (40% comes from the yolk)

When it comes to recipes for cooking and baking, 2 egg whites = 1 whole egg



Egg Yolk

Egg yolks are notably high in cholesterol, but relatively low in saturated fats. Research suggests that limiting saturated fats, by replacing them with polyunsaturated fats, is associated with a reduced risk of cardiovascular disease.

Egg yolk contains Lutein & Zeaxanthin, two antioxidants known for their role in eye health

Egg yolk provides an excellent source of choline, a nutrient essential for brain health & development

Eggs can be a part of a healthy diet. Here are the HDT's dining hall recommendations:

- ✓ At breakfast, pair your scrambled or hard-boiled egg with whole wheat toast and fresh fruit
- ✓ At the omelet station, try adding a variety of colorful veggies for an extra nutritional boost
 - ✓ Top your salad with a chopped hard-boiled egg for added protein
- ✓ Can't or don't eat eggs? JUST Egg, a vegan egg alternative, is available at the omelet station

Stay on the sunny side up this week

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References: *Choline* Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6259877/>. Accessed on: February 22, 2022. *Eggs* Available at: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/748967/nutrients> Accessed on: February 22, 2022. *The 2020-2025 Dietary Guidelines for Americans* Available at: https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf Accessed on: February 22, 2022.

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