

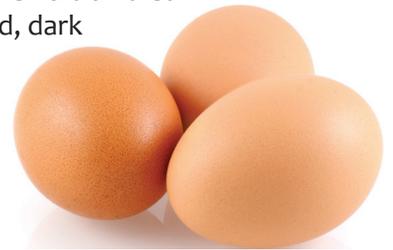


Eggs: A Source of Vitamin D

Vitamin D is crucial to overall health and to reducing the risk of many diseases. It also helps us absorb calcium, making vitamin D essential to healthy bones. While our bodies synthesize vitamin D when ultraviolet rays from the sun hit our skin, most of us don't get enough of it, especially during the cold, dark months of the year where sunlight is limited.

A Natural Source of Vitamin D

If you're looking for natural sources of vitamin D, look to eggs. A single egg provides more than 10% of the daily recommended level of vitamin D, and a two-egg breakfast provides 20% of your daily recommendation.



Lower in Cholesterol

At the same time, testing also showed that cholesterol dropped 14%, while all other nutrient values stayed steady. This means that one large egg also provides 6 grams of protein (12% of the recommended daily value) along with a wide range of nutrients that have been found to play a role in weight management, muscle strength, healthy pregnancy, brain function, eye health, and more. At around 15¢ each and only 70 calories, eggs are an incredible value all around.

Eggs for Any Meal

Eggs lend themselves to a variety of cuisines, and can be eaten for breakfast, lunch, or dinner—or, even as a snack. Try these quick and easy ideas for incorporating eggs into your diet:

- Mix onions, mushrooms, and bell peppers into an omelet or frittata.
- Mix chopped veggies, such as cucumbers and scallions, along with fresh or frozen corn kernels, dress lightly with olive oil and lemon juice. Place on lettuce leaves and top with half of a boiled egg. Season with salt and pepper, or your favorite herbs.
- Sauté mushrooms, tofu and scallions until softened; add lightly-beaten eggs and cook over medium heat until cooked through; add cooked rice and mix together for a fast and easy dinner or side dish.

