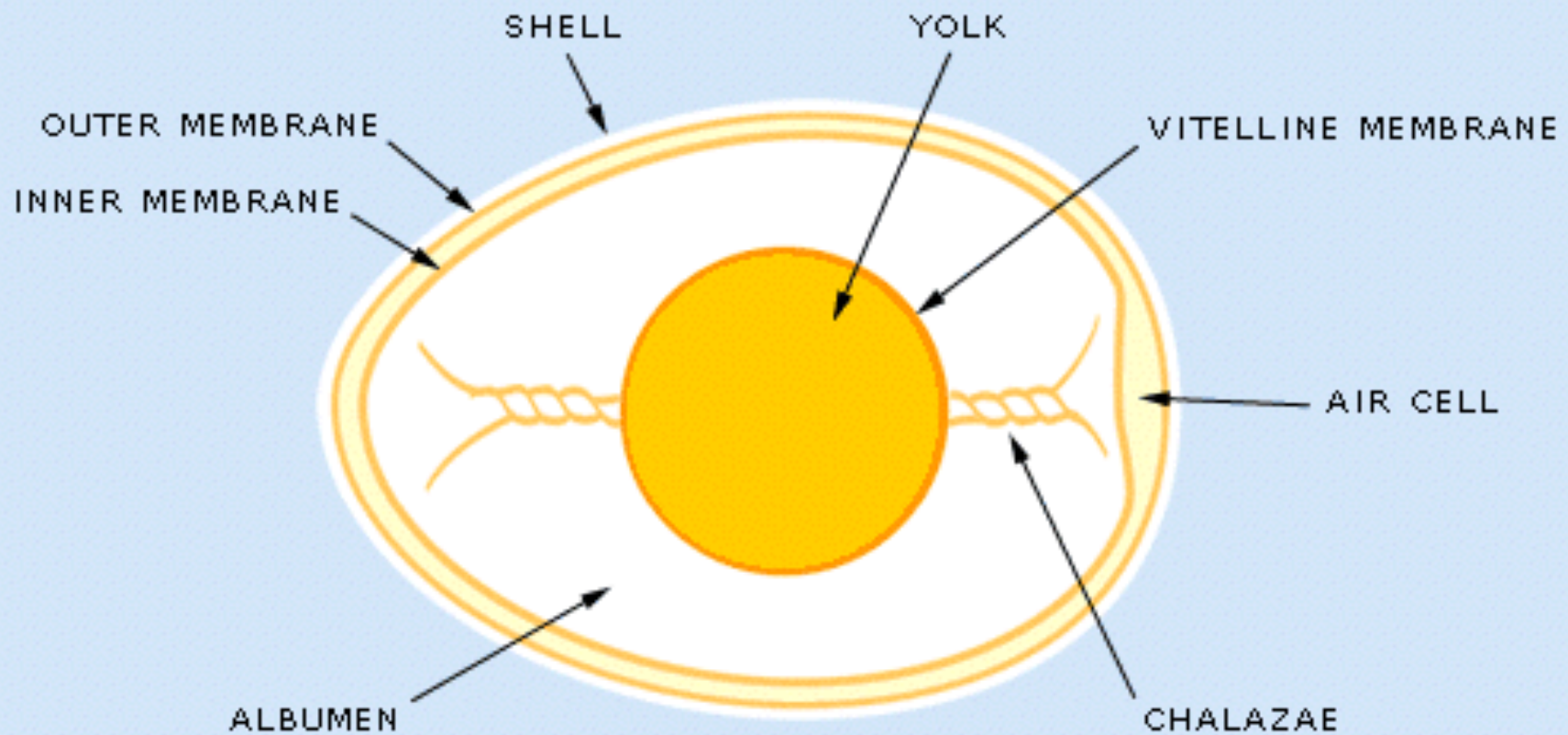


Eggs For Health

Egg Facts

Anatomy of an Egg



Why eat eggs?

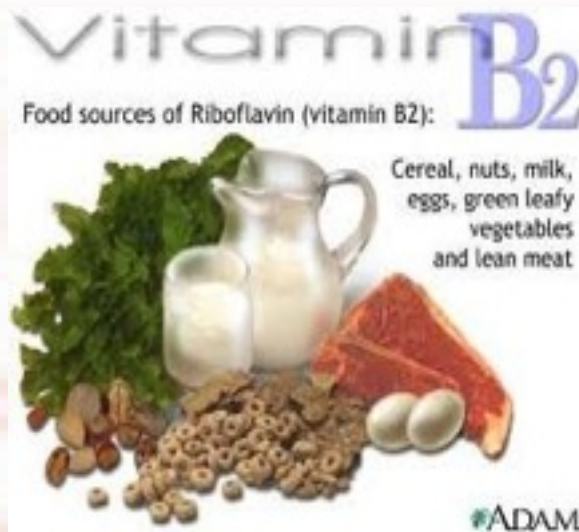
Excellent Source of:

RIP

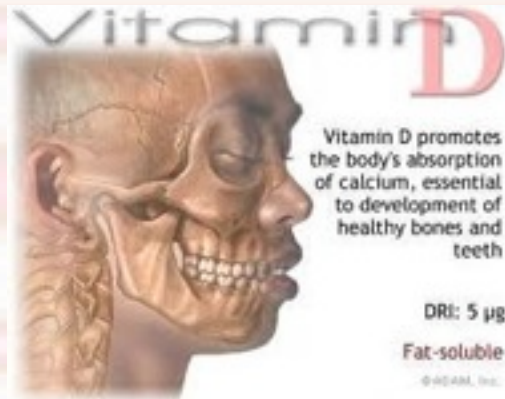
Riboflavin

Iodine

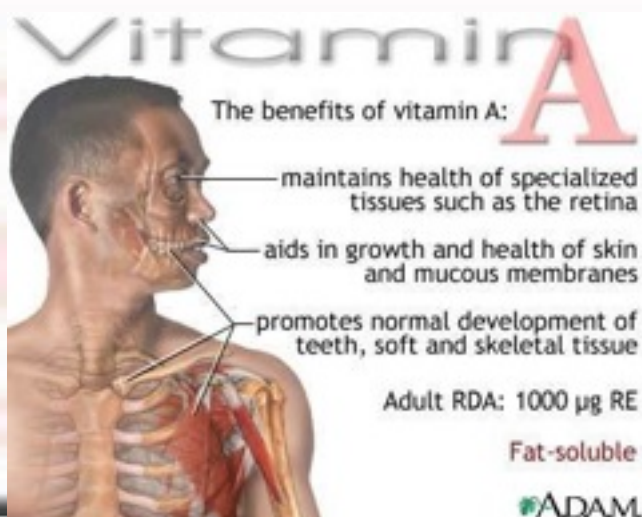
Protein



Good Source of: *DABI*

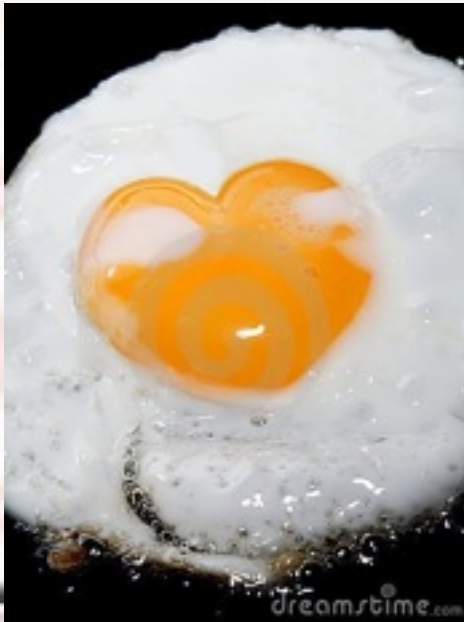


VITAMINS D, A, B IRON



What's wrong with the yolk?

The yolk contains some **saturated fat** (artery clogging)
And
Cholesterol



Eggs as Lean Meat.

One large egg is equal to
1 ounce of lean meat.

Examples of 1 serving:



OR



OR

2 to 3 ounces of
cooked lean
meat, chicken,
or fish*

1 egg



OR

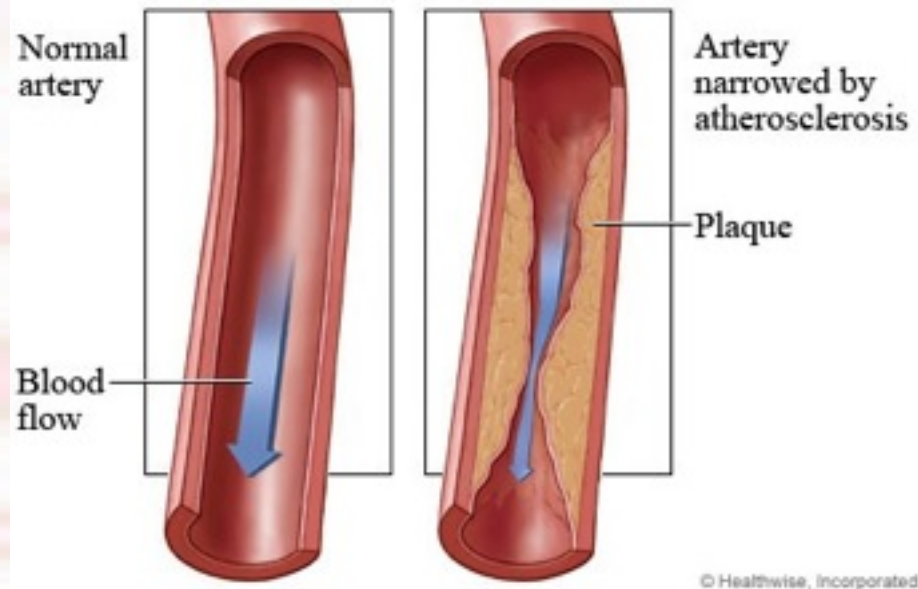


4 ounces (1/2 cup)
of tofu

2 tablespoons
of peanut
butter

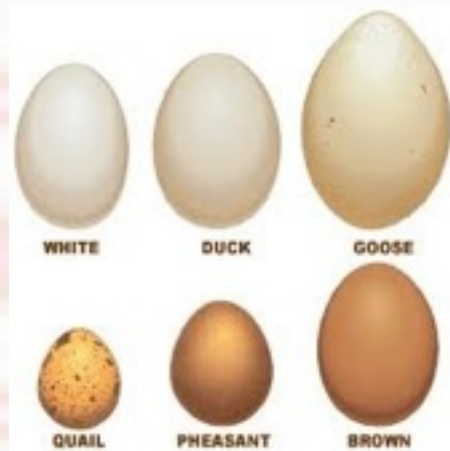
Family History of High Cholesterol?

May limit whole egg consumption to 4 per week.



SHELL COLOR???

NUTRITIONALLY ALL EGGS ARE THE SAME



Can we reduce fat and cholesterol?

Egg Substitutes: Made of egg whites to resemble whole eggs. Very expensive.

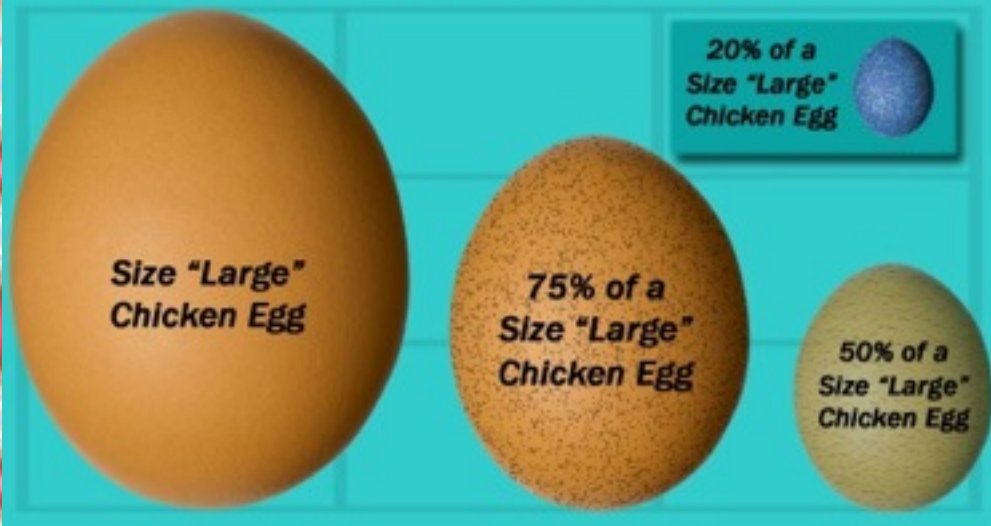
Egg Whites for Whole Eggs: Use **2 egg** whites for every one whole egg.



What size eggs are used in recipes?

LARGE

The USDA grades chicken eggs by weight per dozen. A size "large" chicken egg has a weight of at least 2 ounces. It yields at least 3.25 tablespoons of volume for consumption.



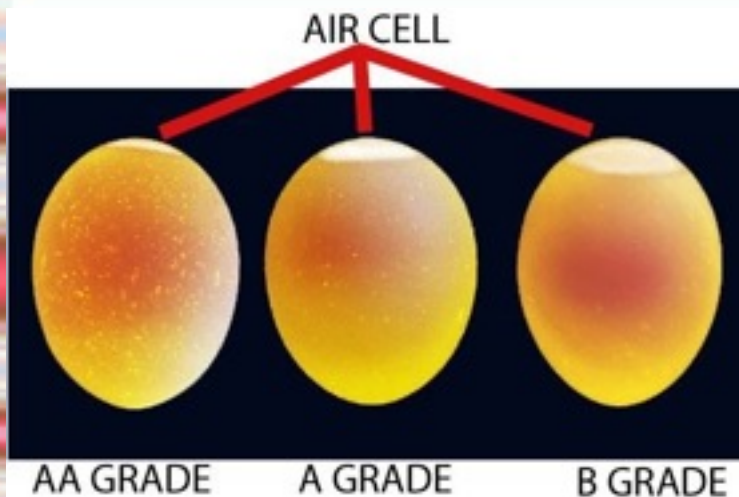
Eggs are graded?

Eggs are graded for visual quality

Grade AA: firm whites, tall yolk (CHEFS)

Grade A: Firm whites with a little flatter yolk

Grade B: White are very thin and yolk is very flat.



- Eggs are sold according to size and grade
 - Grade- quality inside and out
 - Decided by USDA
 - No nutritional difference
 - Grade describes appearance as cooked (AA is prettiest)
 - B is not usually sold in grocery stores



Grade - AA



Grade - A



Grade - B

Storage

Store eggs in the refrigerator on the bottom shelf towards the back.

Not on the door.

4-5 weeks shelf life.

Functions of Eggs in Cooking and Baking



The Incredible Edible Egg



C.B.E.L.T

- ◆ COAT
- ◆ BIND
- ◆ EMULSIFY
- ◆ LEAVEN
- ◆ THICKEN

COAT

To cover the outside of a food.

- ◆ Examples
- ◆ Breaded tenderloin
- ◆ Chicken nuggets
- ◆ Fried cheese sticks
- ◆ Scotch eggs



BIND

***To help ingredients
stick together***

- ◆ Meatloaf
- ◆ Meatballs



Emulsify *To bring 2 unlike* *liquids together*

- ◆ Mayonnaise
- ◆ Salad dressing
- ◆ Hollandaise Sauce
- ◆ Cream Italian Dressing



LEAVEN

To make rise

- ◆ Angel Food Cake
- ◆ Meringue
- ◆ Souffle
- ◆ Sponge Cake



Thicken To make more dense/ coagulate

- ◆ Pudding
- ◆ Custards
- ◆ Cheesecakes
- ◆ French toast

