

# Health Minute™

## Eggs – not just for Easter anymore

Eggs are on a lot of people's minds today in particular. We are not talking about the chocolate eggs that the Easter Bunny drops off in your basket. We are talking about the incredible edible egg. Eggs have gotten a bum rap over the years. Yes they contain cholesterol but they are also chock-full of protein, healthy fats, and vitamins that have some real health benefits. Think about including them as part of your heart-healthy diet.



Egg benefits	Egg health
<p>Eggs are high in lutein and zeaxanthin, important compounds for eye health.</p> <p>Eggs are high in lutein a vitamin important for the eyes – one study found that an egg a day prevented macular degeneration.</p> <p>Eating eggs 6 days a week was shown to reduce breast cancer</p> <p>According to the Harvard School of Public Health, there is no significant link between egg consumption and heart disease</p>	<p>One egg contains 6 grams of protein and all 9 essential amino acids</p> <p>One egg yolk has about 300 micrograms of choline – a nutrient that regulates the brain, nerves, and cardiovascular system</p> <p>One egg contains 5grams of fat. Only 1.5 grams of that is saturated fat.</p> <p>Eggs are one of the only foods with naturally occurring vitamin D</p>

Dr. Ruggieri and his staff at the Center for Health wish you and your family a happy and healthy Easter and Passover season.