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.

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**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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