

# EATING HEALTHY

Whether hard boiled, over-easy or poached; on the menu for breakfast, lunch or dinner; or used in baked goods or sauces-the egg is truly the MVP of the kitchen. According to a consumer survey, 92 percent of respondents agree that eggs are an important part of a healthy diet.

Eggs are an excellent source of high quality protein, offer lots of vitamins and minerals and are naturally low in sodium—all for 70 calories. According to a new United States Department of Agriculture study, today's eggs have 14% less cholesterol and more vitamin D.

Over the years, many different kinds of eggs have appeared on our grocery shelves. Regular white eggs are still the most prevalent and are purchased by the majority of shoppers (88%) followed by brown eggs at 27 percent, organic eggs at 17 percent and free range eggs at 14 percent. With so many products available, it's sometimes hard to determine if one egg is better than the other.

## HERE IS A HELPFUL GUIDE TO HELP YOU UNDERSTAND THE DIFFERENT TYPES OF EGGS:

**CONVENTIONAL-** these everyday supermarket eggs come from hens raised on large farms using cage systems. Feed, water and temperature are controlled for production efficiency.

**NUTRIENT ENRICHED-** some commercially raised hens are fed specially formulated feed to enhance nutrient content in their eggs. These additional nutrients may include folate, Omega-3 and lutein

**ORGANIC-** Laying hens are raised according to USDA organic standards including being given feed grown without most conventional or commercial pesticides, fungicides, or fertilizers

**CAGE FREE-** hens are raised indoors in facilities that allow the birds to roam. The roaming area can be a building, an open area, or a room with unlimited access to food and water.

**FREE RANGE-** The USDA has not established a meaning for this term. Generally it means the hens have access to the outdoors. There's no requirement for the duration or type of outdoor access the hens are given.

**BROWN VS WHITE-** There is no nutritional difference between white and brown eggs. The breed of hen determines shell color.



## Eggs

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### GUACAMOLE DEVEILED EGGS

*Try this interesting twist on the traditional deviled egg*

#### INGREDIENTS

- 4 whole eggs in the shell
- 1/2 cup Wholly Guacamole dip
- 1 Tbsp chopped cilantro
- 1 Tbsp minced green onion
- 1/4 tsp salt, or optional
- 1 dash hot pepper sauce e.g. Tabasco, or to taste
- 1 tsp Worcestershire sauce, or to taste
- 1 tsp Dijon-style prepared mustard
- 1 pinch paprika

#### DIRECTIONS:

1. Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 10 - 12 minutes. Remove from hot water, cool, and peel. Slice eggs in half, and remove yolks to a mixing bowl.
2. In the bowl with the yolks, combine the Wholly Guacamole dip, cilantro and green onion. Season with salt, hot sauce, Worcestershire sauce, and mustard. Mix well, and fill empty egg halves. Chill until serving. Sprinkle with paprika just before serving.