Healthy Eating Patterns: How do eggs fit?
What are healthy eating patterns?

A diet that includes a variety of nutrient-dense foods:

- Fruits
- Vegetables
- Whole grains
- Lean sources of protein
- Low-/fat-free dairy foods

...while limiting saturated and trans fats, sodium, and added sugars.
Why the shift to a pattern approach?

Scientific evidence shows that healthy eating patterns:

1. Support a healthy body weight
2. Reduce risk of chronic disease
3. Ensure nutrient needs are met
What are some examples?

The 2015-2020 Dietary Guidelines for Americans present three sample eating patterns:

- Healthy U.S. Style
- Healthy Mediterranean Style
- Healthy Vegetarian Style
What are the key differences between the sample eating patterns provided?
Healthy U.S. includes a variety of nutrient-dense foods like fruits, vegetables, whole grains, lean protein, low- or fat-free dairy foods.
Mediterranean contains more fruits and seafood and less dairy than does the U.S.-Style.
Vegetarian includes more legumes, soy, nuts and seeds, and whole grains than does the U.S.-Style. It contains no meats, poultry, or seafood.
What are some practical tips for including eggs within healthy eating patterns?
Add an egg to salads and other vegetable dishes to bump up the protein and improve the absorption of antioxidants.
Choose hard-boiled eggs instead of commonly consumed snacks that provide few nutrients.
Switch up your protein routine by serving an egg entree for dinner
Visit the ENC website for additional information and recipes