

Eggs and Diabetes: FAQ

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Can I eat eggs? This is one of the most common questions individuals with diabetes have about eggs. Below is up-to-date information and research to answer some common questions.




Are eggs part of a healthy diet?

Yes! The 2015-2020 Dietary Guidelines for Americans include eggs in healthy eating patterns and list them as a nutrient-dense food option. One large egg has varying amounts of 13 essential vitamins and minerals, 6 grams of protein, and the antioxidants lutein and zeaxanthin.



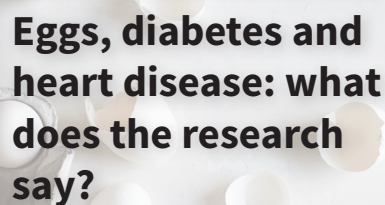
Can people with diabetes eat eggs?

The American Heart Association and American Diabetes Association recommend eating patterns that include whole grains, fruits, vegetables, legumes and low-fat dairy products, and restrict foods high in saturated fats, trans fats, high-sodium, and added sugars.¹ Eggs can fit within the context of this diet.



Do eggs increase blood glucose levels?

Carbohydrates have the most impact on blood glucose levels versus fat or protein. Eggs are naturally low in carbohydrates. A recent study found that compared with an oatmeal breakfast, 1 egg per day did not increase blood glucose or cholesterol levels.²



Eggs, diabetes and heart disease: what does the research say?

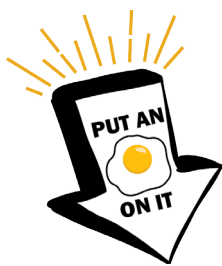
Some observational studies have shown a possible link between egg consumption and heart disease risk in individuals with diabetes. However, more recent clinical trials do not support these findings.³ Individuals with diabetes can eat 1-2 eggs per day without negatively impacting cardiovascular risk factors.^{2,4}



Can eggs promote a healthy weight?

Research demonstrates that eggs can help people feel more full, which can ultimately help them eat less throughout the day. For example, individuals with type 2 diabetes reported less hunger and greater satiety levels when they consumed 2 eggs per day.⁴

Are you looking for quick breakfast ideas that don't break the bank?



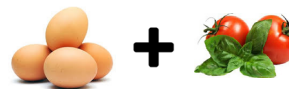
Put an egg on it! Eggs are delicious, versatile, and nutritious. Eggs are the perfect fast-food for breakfast or a snack for busy peoples. Hard-boiled eggs can be cooked the night before and are portable. At just \$0.15 per large egg, eggs are budget-friendly and can be paired with many foods for **easy and quick meals**:



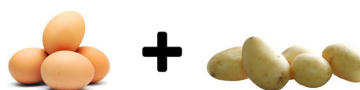
Quiche and sliced fruit



Egg sandwich with whole grain toast



Eggs with vegetables (tomatoes, mushrooms & spinach)



Spanish tortillas - eggs & potatoes

	Meal Plan	Latino Meal Plan
Breakfast	Scrambled eggs with mushrooms and spinach served over sweet corn hash* Tea or coffee	Huevos rancheros over green or red sauce served over crunchy tortillas Tea, coffee or chocolate
Snack	Fresh strawberries sliced sprinkled with cocoa and cinnamon	Toasted walnuts with dark chocolate chips
Lunch	Arugula salad with dried cranberries and shredded carrots drizzled with a vinaigrette dressing Brown rice Grilled lemon orange marinated chicken	Mexican albondigas** (meatballs) soup with brown rice, tomatoes, carrots and zucchini Corn tortillas
Snack	Roasted almonds	Grilled pineapple slices sprinkled with toasted chopped hazelnuts served over vanilla yogurt
Dinner	Teriyaki salmon Grilled asparagus Oven roasted butternut squash & parsnips	Tinga de pollo (shredded chicken in green or red tomato sauce) served over tortillas Avocado, tomato and radish salad with lime dressing
Snack	Yogurt with chopped pecans	Fruit salad (apples, tangerine, banana, papaya)

*Sweet Corn Hash

Preparation time 30 minutes

Serving size: 2/3 cup

Serves: 4

Preparation:

1. Heat a skillet or pan over medium heat. Add the canola oil
2. Add the pepper and stir for about 2 minutes
3. Add corn and sweet potato. Stir. Lower heat and cook for 4 minutes or until gold brown
4. Add thyme, rosemary, salt & pepper. Mix & serve

Ingredients:

- 1 1/2 tbsp canola oil
- 2 C fresh sweet corn cut off the cob or frozen fresh corn niblets
- 3/4 C small diced red sweet bell peppers
- 1 C small diced sweet potatoes cooked with skin
- 1 tsp chopped fresh rosemary
- 1 tsp chopped fresh thyme
- Salt & pepper to taste



**Albondigas de carne - <http://www.lasrecetasdelaabuela.com/receta/albondigas-de-carne>

Sources:
 1. Fox CS, et al. Update on Prevention of Cardiovascular Disease in Adults With Type 2 Diabetes Mellitus in Light of Recent Evidence: A Scientific Statement From the American Heart Association and the American Diabetes Association. *Diabetes Care*. 2015;38:1777-803.
 2. Ballesteros MN, et al. One egg per day improves inflammation when compared to an oatmeal-based breakfast without increasing other cardiometabolic risk factors in diabetic patients. *Nutrients*. 2015;7:3449-3463.
 3. Djousse L, et al. Egg consumption and risk of type 2 diabetes: a meta-analysis of prospective studies. *Am J Clin Nutr*. 2016. E-pub ahead of print.
 4. Fuller NR, et al. The effect of a high-egg diet on cardiovascular risk factors in people with type 2 diabetes: the Diabetes and Egg (DIABEGG) study – a 3-mo randomized controlled trial. 2015 e-pub ahead of print.