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:

- Scrambled eggs with mushrooms and spinach served over sweet corn hash*
- Huevos rancheros over green or red sauce served over crunchy tortillas
- Tea or coffee
- Tea, coffee or chocolate
- Fresh strawberries sliced sprinkled with cocoa and cinnamon
- Toasted walnuts with dark chocolate chips
- Arugula salad with dried cranberries and shredded carrots drizzled with a vinaigrette dressing
- Mexican albondigas** (meatballs) soup with brown rice, tomatoes, carrots and zucchini
- Corn tortillas
- Grilled lemon orange marinated chicken
- Grilled pineapple slices sprinkled with toasted chopped hazelnuts served over vanilla yogurt
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- Tinga de pollo (shredded chicken in green or red tomato sauce) served over tortillas
- Avocado, tomato and radish salad with lime dressing
- 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

<table>
<thead>
<tr>
<th>Meal Plan</th>
<th>Latino Meal Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Huevos rancheros over green or red sauce served over crunchy tortillas</strong></td>
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<tr>
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<tr>
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<tr>
<td>Roasted almonds</td>
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<tr>
<td><strong>Dinner</strong></td>
<td><strong>Tinga de pollo</strong> (shredded chicken in green or red tomato sauce) served over tortillas</td>
</tr>
<tr>
<td>Teriyaki salmon</td>
<td>Avocado, tomato and radish salad with lime dressing</td>
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<td>Grilled asparagus</td>
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<td>Oven roasted butternut squash &amp; parsnips</td>
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<tr>
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*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
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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

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

**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

Sources:
2. Ballistreri WK, 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;7:3464-3473.