



DIABETES

EGGS CAN ENHANCE A *Diabetes* DIET

Diabetes affects over 30 million Americans, including higher percentage of older adults, Hispanics, African Americans and Native Americans. And the number of people with diabetes and pre-diabetes continues to grow.

The American Diabetes Association and American Heart Association encourage people with diabetes to eat a healthful, balanced diet that includes nutrient-dense foods such as whole grains, fruits, vegetables, legumes, and low-fat or fat-free dairy products. With varying amounts of 13 essential vitamins and minerals, 6 grams of protein, and the antioxidants lutein and zeaxanthin, a large egg fits within the context of this diet. Also, research shows that people with diabetes can eat 1-2 eggs per day without negatively affecting heart disease risk factors.^{2,4}

Spread the Word

f MORE THAN 50% OF HISPANIC MEN, WOMEN AND CHILDREN ARE EXPECTED TO DEVELOP TYPE 2 DIABETES OVER THEIR LIFETIME.

Eggs can be part of a healthy diet for those with type 2 diabetes – they have high-quality protein, important nutrients and no added sugar. EggNutritionCenter.org/Eggs4Diabetes

t LIGHTEN UP YOUR CLASSIC STUFFED PEPPER RECIPE USING QUINOA & EGGS! Added bonus, this recipe has only 210 cal/serving. EggNutritionCenter.org/LightenUp

t SWAP ZOODLES AND OTHER VEGGIE NOODLES FOR PASTA TO LOWER THE CARBS IN ITALIAN DISHES. #putaneggonit for extra protein. EggNutritionCenter.org/SwapZoodles

KEY MESSAGES

- Weight loss is an important goal for people with diabetes and can help make the body more sensitive to insulin and reduce the need for certain diabetes medications. Eggs have little or no effect on blood glucose levels and can be part of a weight loss diet for diabetes.
- Eggs may have a positive effect on risk factors associated with type 2 diabetes. After eating 2 eggs a day for 3 months, a group of adults with diabetes lost weight, body fat and inches from their waistline.³
- Eggs have been shown to increase feelings of fullness during the day, and that can help people to eat less. In one study, people with type 2 diabetes were less hungry and more satiated after eating 2 eggs per day.⁴

DIABETES

Your Eggs – Your Way



Download the Your Eggs Your Way Sheet @ EggNutritionCenter.org/YourEggsYourWay

DOWNLOAD OR ORDER THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS AND NEWS ABOUT DIABETES.



Quinoa Stuffed Peppers with Egg

Download recipe @ EggNutritionCenter.org/QuinoaStuffedPeppers

Eggs and Diabetes, FAQ
NO. 100 TIPS FOR YOU

CAN I EAT EGGS? This is one of the most common questions individuals with diabetes have. The short answer is yes, and the long answer is... (text continues)

Can people with diabetes eat eggs?	The American Heart Association (AHA) states that eggs are a good source of protein and healthy fats. However, individuals with diabetes should be cautious of saturated fat and cholesterol. Eggs can be a healthy part of a diet, but it's important to eat them in moderation.
Do eggs increase blood glucose levels?	Carbohydrates have the most impact on blood glucose levels. Eggs are a good source of protein and healthy fats, but they do not contain carbohydrates. Therefore, eggs do not increase blood glucose or cholesterol levels.
Eggs, diabetes, and heart disease: what does the research say?	Some observational studies have shown a positive link between egg consumption and heart disease risk. However, other studies have found that eating eggs can help reduce the risk of heart disease. The research is still ongoing.
Can eggs promote healthy weight?	Research demonstrates that eggs can help people lose more fat, which can ultimately help them lose weight. The diet, the amount, and the type of eggs consumed are all factors that can influence the results.

HANDOUT

EGGS AND DIABETES FAQ
EggNutritionCenter.org/DiabetesFAQ

Why Eggs?

- ✓ Nutrient-Packed ¹⁰⁰
- ✓ Power Snack
- ✓ No Added Sugar
- ✓ Affordable \$

SHAREABLE GRAPHIC

WHY EGGS
EggNutritionCenter.org/WhyEggs

Access the references list at EggNutritionCenter.org/ToolkitCitations



Egg Nutrition Center

8755 West Higgins Road, Suite 300

Chicago, IL 60631

EggNutritionCenter.org