

The Truth About Eggs

"Healthy people can eat eggs in moderation without any harmful effects on blood cholesterol"

Source: Heart Smart™ Cholesterol Facts; Heart and Stroke Foundation of Canada

OTTAWA, March 2001 -- Dietitians of Canada, your most trusted source of nutrition information, and the Canadian Egg Marketing Agency are proud to be celebrating Nutrition Month in March. This year's campaign, Make Sense of What You Eat, is dispelling myths about nutrition. The Canadian Egg Marketing Agency and Dietitians of Canada want people to understand how healthy eggs are and that is why they are telling Canadians: "Eggs are not bad for your blood cholesterol".

Like all animal foods, eggs contain cholesterol. Cholesterol is natural and essential and is found in all animals, including humans. Cholesterol is necessary to make hormones, vitamin D and bile. You only get a small amount of cholesterol from the food you eat. Your liver makes more to meet your body's needs.

There are many factors that can affect your blood cholesterol level. These include: family history, age, gender, diabetes, body weight and shape, level of physical activity and eating habits.

Saturated fats are the biggest culprit when it comes to heart disease. They are found in many prepackaged foods such as cookies, crackers and chips, whipped toppings, as well as in many baked goods such as croissants, cakes and danishes. Saturated fats are also found in processed foods that are made with lard, palm oil or coconut oil. Scientific literature suggests that reducing total fat intake is of little benefit without a substantial reduction in saturated fat.

Trans fats are the other culprits which are considered to be just as bad as saturated fats by the scientific community. Studies over the past decade have confirmed that consumption of trans fatty acids increases risk factors for heart disease. Trans fats are found in baked goods, packaged snack foods, margarines that contain hydrogenated oils and deep-fried foods.

TIP - When looking at an ingredient list on a food package, the best way to determine if there are trans fats in the food is to see the words "hydrogenated oil".

Eggs contain no trans fat. One large egg contains only 5 g of fat, of which only 1.5 g are saturated. Each egg has only 71 calories and the vitamin and mineral content is incredibly high, making it a very nutrient dense food.

Remember, eggs are:

- ✓ an excellent source of high quality protein.
- ✓ a good source of 11 essential nutrients.
- ✓ one of the few food sources of vitamins A and D.

GET CRACKING!

OTTAWA, June 2001 -- Putting all your eggs in one basket is an "egg"cellent idea, especially if it means providing nutritious, economic and versatile meals for your family. The egg is the golden choice that will add sunshine to your plate and help to "egg"spand your choice of meal ideas. This food is so good and so complete, but how much do we really know about the egg? Test your knowledge and "egg"spertise.

Are the following statements true or false?

1. The quality of an egg is determined by its size, the colour of its shell and the colour of its yolk.
2. Eggs may be used if they are past their "best before" date.
3. Eggs are amongst the safest food in the world.
4. Raw eggs can easily be frozen.

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1. False. Look for the official Canada Grade symbol, which establishes the quality standards for shell eggs. The maple leaf stamp certifies that the eggs have been classified by their quality. Most eggs found on Canadian supermarket shelves are "Canada Grade A". The following are some characteristics of a "Canada Grade A" egg:

- the shell is uncracked, smooth and of normal shape
- the yolk is round and well centered
- the albumen (egg white) is thick and firm, not watery.

Above all, don't allow yourself to be fooled! The size depends on the weight of the egg (pee wee, small, medium, large, extra large and jumbo) and this determines its cost. The colour of the shell matches the colour of the breed of the hen that laid the egg: a brown hen lays brown eggs and a white hen lays white eggs. There is no difference in nutritional value or cooking performance between brown and white eggs. As for the egg yolk, it is the feed of the hen that determines its colour. A feed that consists mainly of wheat produces a paler yolk; a feed that consists mainly of corn produces a darker yolk.

2. TRUE. The "best before" date indicates the length of time eggs will retain all their "Grade A" qualities. An egg eaten after this date is simply not as fresh. It will not have lost its nutritive value. You will notice that an egg past this date has a thin white and a shrunken yolk. It is important to thoroughly cook eggs which are past their "best before" date. Use them in cooked recipes, or serve them hard-cooked or scrambled.
3. TRUE. Eggs are one of the most wholesome foods available. They have the

advantage of benefiting from three lines of natural defence. To begin with, the shell protects the interior of the eggs against bacteria. Next, two membranes provide extra protection; one envelope surrounds the shell on the inside and the second covers the white of the egg. Finally, the white of the egg possesses natural antimicrobial properties to inhibit bacterial growth.

It is important to remember however that eggs, like many foods, are perishable and that you contribute to the safety of the foods that you eat.

Keep your eggs as fresh as possible by storing them in the refrigerator in their original carton. The carton protects the eggs from absorbing the flavour and odour of other foods that are nearby.

Wash your hands with hot soapy water before and after preparing foods.

Serve eggs or foods that contain eggs immediately after cooking or refrigerate and serve within 3 to 4 days of preparation.

4. TRUE. You can keep uncooked eggs out of their shell in a sealed container, in your freezer, for a period of four months. Thaw the appropriate quantity of eggs needed in the refrigerator and use them in recipes that require thorough cooking.

To freeze whole eggs: Gently beat eggs until blended. Pour into a freezer container, seal tightly and write the date on the container. Substitute 1 large egg with 3 tbsp (45 mL) of thawed whole egg.

To freeze egg yolks: Beat ¼ cup (60 mL) of yolk (about 4 yolks) with either 1/8 tsp (1/2 mL) of salt (for main dishes) or 1 ½ tsp (8 mL) of sugar or corn syrup (for desserts). The mixing prevents the formation of lumps, as the yolk has a tendency to thicken or coagulate at a very low temperature. In your recipes, use 1 tbsp (15 mL) of thawed yolk to replace 1 large egg yolk.

To freeze egg whites: The egg whites can be frozen as is, but ensure that they remain in an airtight container and that they have enough space to expand. In your recipes, use 2 tbsp (30 mL) of thawed egg white to replace 1 large egg white.

Cooked eggs do not freeze well and become hard and rubbery.

If you hatched:

- 4 correct answers: "Egg"cellent job. You must have been up early with the chickens. Put your knowledge to good use by preparing eggs more often and help all your friends discover them.
- 2-3 correct answers: "Eggs"periment and you will find many surprises in store for you. Try eggs again and again!
- Less than 2 correct answers: Get out of your shell and start hatching the great flavours eggs have to offer!

For more information about healthy eating, visit the [nutrition](http://www.canadaegg.ca) section of www.canadaegg.ca

- 30 -

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Egg farmers optimistic about the future

OTTAWA, July 24, 2001 -- Canada's egg producers are optimistic about their futures, having invested millions of dollars recently in capital assets on their farms. A recent survey conducted by KPMG shows that the vast majority of Canada's egg farmers are re-investing heavily in their industry, including investments in environmental management.

KPMG conducted field surveys of 95 egg producers across Canada last year. This was a statistically representative sample of the 1,150 farmers producing eggs under Canada's national supply management system.

The survey revealed that 85 of the 95 producers surveyed invested a total of \$16.2 million in capital assets between 1997 and 1999 as well as \$1.7 million in measures to protect the environment in 1999. This was the first survey to split out costs paid to protect the environment. The survey questioned these producers on their 1999 costs and their investments since 1995. Responses were validated using a computerized statistical analysis program.

"The results were very gratifying because the previous survey conducted in 1995 showed very little investment in the industry. This suggested that farmers were very worried about their futures at that time," says Barry Lalonde, KPMG partner.

CEMA Chairman Laurent Souligny said producers are now optimistic about their businesses. "The results of this latest survey show us that, overall, there has been close to \$200 million invested by egg farmers in just a three-year period. Egg farmers are planning for the future and they know the Canadian egg industry will be strong for many years to come."

The Canadian Egg Marketing Agency commissions an independent firm to conduct surveys every four to five years to determine the costs of producing eggs. The first survey was in 1975.

- 30 -

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- ✓ an excellent source of choline, an essential nutrient which plays a role in brain development and memory. One egg yolk provides nearly half the recommended amount of choline per day.
- ✓ a source of the carotenoids (lutein and zeaxanthin) - which may reduce the risk of cataracts and age related macular degeneration.

So go ahead and enjoy eggs during Nutrition Month - and every month. This naturally good food is easy to prepare, and is an inexpensive source of high quality protein.

Enjoy the great taste, versatility and nutrition in eggs.

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- 30 -

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