

# Eggcellent Eggs

## What food group are eggs in?

You may think the dairy or milk group... but eggs are in the meat and alternatives group because they are an eggcellent source of protein!

## Why are eggs so good for us?

One large egg is packed full of nutrients including protein, iron, vitamins A, D, E and folate. These nutrients are important for many parts of the body including the muscles, brain, blood, eyes, bones and hormones. Also, vitamin E is an antioxidant which means it helps to prevent disease such as heart disease and cancer.

## Brown vs. White Eggs?

Brown eggs and white eggs are equally nutritious. The color of the egg depends on the breed of the hen!

### EGG IN A HOLE

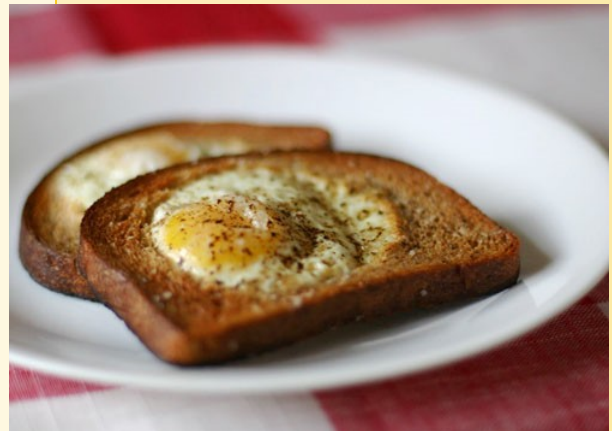
#### Ingredients:

- 1 slice of whole grain or whole wheat bread
- 1 tsp non hydrogenated margarine
- 1 egg

#### Directions:

Cut a circle in the middle of the bread. Lightly spread margarine on both sides of bread. Heat pan to medium high heat. Place the bread in the pan. Break an egg into the hole of the bread. Cook until egg is set and bread is golden. Flip and cook other side. Enjoy!

Recipe adapted from "Get Cracking" website ([www.eggs.ca](http://www.eggs.ca))



## Egg Facts

### Newfoundland and Labrador Federation of Agriculture

**Eggs-perts!** There are 7 egg producers in Newfoundland and Labrador. Farm sizes range from approximately 20,000 laying hens to more than 70,000. There are about 350,000 hens producing about nine million dozen eggs each year in the province. Most of the eggs that we eat in Newfoundland and Labrador come from hens in our province.

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