Diabetes affects nearly 30 million Americans, and Hispanics, in particular, are at an increased risk of developing this serious disease. More than 50% of Hispanic men, women and children are expected to develop type 2 diabetes over their lifetime.

**Egg-Cellent News for Hispanics with Type 2 Diabetes**

Diet and exercise play an important role in the prevention and management of type 2 diabetes.

Various health organizations agree that eggs can be part of a healthy diet for those with type 2 diabetes.

**What about the cholesterol?**

Focus on eating an overall healthy diet instead. Eggs now have the OK, so put an egg on it!

*Get inspired with these delicious and easy ways to #PutAnEggOnIt:*

- **Huevos Divorciados**
- **Chilaquiles**

**Why Eggs?**

- **No Added Sugar:** Eggs contain no added sugar or carbohydrates, thus not impacting blood glucose levels.
- **High-Quality Protein:** Each large egg contains 6 grams of high-quality protein, which can help you feel fuller longer.
- **Nutrient-Packed:** One large egg contains varying amounts of 13 essential vitamins and minerals all for 70 calories – a good nutrition bang for your caloric buck.
- **Power Snack:** Eggs are portion-controlled, protein packed – and great for on the go!
- **Affordable:** At around $0.15 each, eggs are one of the least expensive sources of high-quality protein per serving.

References: