



DIABETES

EGGS CAN ENHANCE A *Diabetes* DIET

Diabetes affects over 30 million Americans, including higher percentages of older adults, Hispanics, African Americans and Native Americans. And the number of people with diabetes and pre-diabetes continues to grow.¹

The American Diabetes Association and American Heart Association encourage people with diabetes to eat a healthy dietary pattern that includes nutrient-dense foods. Eggs fit perfectly into a diabetic diet offering a good or excellent source of eight essential nutrients, including 6 grams of protein and the carotenoids lutein and zeaxanthin (252 mcg/large egg). Research shows that people with diabetes can consume eggs as part of an overall healthy diet without negatively impacting heart disease risk factors.^{2,3}

Spread the Word

f **50% OF HISPANIC MEN AND WOMEN AND NON-HISPANIC BLACK WOMEN ARE PREDICTED TO DEVELOP DIABETES OVER THEIR LIFETIME.**¹ Eggs can be part of a healthy diet for those with type 2 diabetes – they have high-quality protein, essential 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.⁴
- A higher protein diet can help people feel full and maintain a healthy weight. In one weight loss study, people with type 2 diabetes reported feeling less hungry after eating 2 eggs at breakfast.³

REFERENCES:

1. Center for Disease Control and Prevention. Diabetes Quick Facts. Accessed 9/19/19.
2. Ballesteros MN, 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;7:3449-3463.
3. Fuller NR, et al. The effect of a high-egg diet on cardiovascular risk factors in people with type 2 diabetes: the Diabetes and Egg (DIABEGG) study – a 3-mo randomized controlled trial. 2015 Apr;101(4):705-13.
4. Njike VY, et al. Egg ingestion in adults with type 2 diabetes: effects on glycemic control, anthropometry, and diet quality—a randomized, controlled, crossover trial. *BMJ Open Diabetes Res Care*. 2016 Dec 22;4(1):e000281. doi: 10.1136/bmjdr-2016-000281. eCollection 2016.

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Your Eggs – Your Way



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

DOWNLOAD THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS & NEWS ABOUT DIABETES.

RECIPE IDEA

Quinoa Stuffed Peppers with Egg

Download recipe @ EggNutritionCenter.org/QuinoaStuffedPeppers

Eggs and Diabetes: FAQ

HANDOUT

EGGS AND DIABETES FAQ
EggNutritionCenter.org/DiabetesFAQ

Why Eggs?

- ✓ Nutrient-Packed ⁷⁰⁰
- ✓ Power Snack
- ✓ No Added Sugar
- ✓ Affordable ^{\$}

SHAREABLE GRAPHIC

WHY EGGS
EggNutritionCenter.org/WhyEggs