

EGGS

how they fit with
type 2 diabetes

Type 2 diabetes can be prevented, managed, or even reversed with healthy lifestyle choices. Diabetes Canada outlines key recommendations in diabetes management, including:



Education Learn about your condition



Nutrition Work with a dietitian to learn about what, when, and how to eat



Physical activity Aim for at least 150 minutes of aerobic exercise a week



Stress management Reduce stress levels



Medication Take as prescribed



Blood pressure Monitor it

News about eggs and type 2 diabetes

Are you wondering if you should include eggs in your diet if you have type 2 diabetes? The answer is yes! Current research shows that eggs have a place in a healthy diet without harmful effects on diabetes or heart health. Plus, they are linked to beneficial outcomes. Eggs are a nutritious source of high-quality protein that can play a helpful role in regulating blood sugar levels for people with diabetes.

Research shows that enjoying

up to **12** eggs per week

as part of a nutritious diet has no harmful effects on:

Body weight

Cholesterol levels

Triglyceride levels

Fasting blood sugar or insulin levels

What does a nutritious diet mean?

Choose these foods more often

 vegetables

 fruit

 whole grains

 beans & lentils

 eggs

 lean poultry, meat, dairy & fish

Choose these foods less often

 pastries

 sugary drinks

 refined grains

 fast food

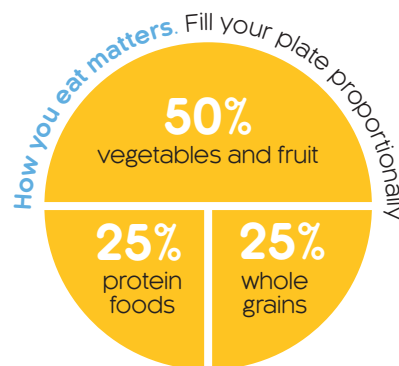
 salty snacks

 processed meats

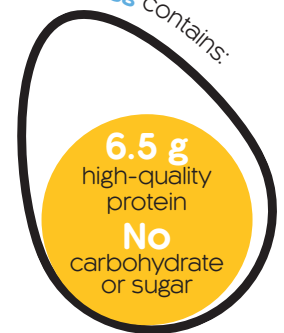
People with type 2 diabetes need to keep their blood sugar levels stable. **Eggs can help!**



Protein-rich foods, like eggs, can play an **important role in regulating blood sugar levels** and **improving glucose control**.



one egg contains:



Eggs are one of nature's most nutritious foods with

14 important nutrients

Eggs made easy

Looking for some new recipes? These options offer a winning combination of vegetables, whole grains and protein foods. Even better, they're both nutritious and delicious!

Curried Egg Pitas

A tasty twist to the classic egg salad, this veggie-packed pita includes a hint of curry paste. Enjoy for lunch or an easy weeknight dinner.

You'll Need:

- 8 eggs, beaten
- ¼ cup (60 mL) finely chopped green onion
- ¼ cup (60 mL) finely chopped green pepper
- 1 tbsp (15 mL) canola oil
- 4 small (6-inch/15 cm) pocket-style whole wheat pitas, halved
- ¼ cup (60 mL) mango chutney
- 2 tsp (10 mL) ginger powder
- 2 tsp (10 mL) mild red curry paste
- ¼ tsp (1.25 mL) black pepper
- ¼ cup (60 mL) plain non-fat yogurt
- 1 cup (250 mL) julienne cucumber
- 1 cup (250 mL) julienne carrots
- 4 cups (1 L) lightly-packed baby spinach, divided

Prep and Cook:

- 1 Beat eggs. Stir in the green onion and green pepper until well combined.
- 2 Heat oil in large non-stick skillet set over medium heat. Pour egg mixture into pan. Cook, without stirring, for 2 minutes or until eggs are just set.
- 3 Meanwhile, cut each pita in half and open the pockets.
- 4 Blend mango chutney, ginger powder, curry paste and pepper with yogurt, until well combined.
- 5 Inside each halved pita, spread an equal amount of sauce.
- 6 Divide the cucumber, carrots, spinach and egg mixture evenly between the pockets. Serve immediately.



Tip

This egg salad is also yummy as a salad topper or served on whole grain flatbreads.

Quinoa Power Bowl

You'll be bowled over by this savoury dish. Perfect for breakfast, lunch or dinner.

You'll Need:

- 2 tsp (10 mL) vinegar
- 4 eggs
- ¼ cup (60 mL) olive oil, divided
- 1 clove garlic, minced
- 6 cups (1.5 L) baby spinach
- ½ tsp (2.5 mL) each salt and pepper
- 1 cup (250 mL) quinoa, cooked according to package directions
- 1 tbsp (15 mL) lemon juice
- 1 ripe avocado, peeled, pitted, and chopped
- ¼ cup (60 mL) crumbled goat cheese
- 2 tbsp (30 mL) toasted pumpkin seeds

Prep and Cook:

- 1 Fill a saucepan with about 3 inches (8 cm) of water; heat to gentle simmer. Stir in vinegar. Break one cold egg into small dish or saucer. Holding dish just above simmering water, gently slip egg into water; repeat with remaining eggs.
- 2 Cook in barely simmering water for 3 to 5 minutes or until whites are set and yolks are cooked as desired. Remove eggs with slotted spoon. Drain on paper towel.
- 3 Heat half of the oil in skillet set over medium heat; cook garlic for about 1 minute or until fragrant. Add spinach; cook for 2 to 3 minutes or until starting to wilt. Season with half each of the salt and pepper.
- 4 Toss together quinoa, lemon juice and remaining olive oil; divide evenly among 4 bowls.
- 5 Top with cooked spinach, avocado, goat cheese and pumpkin seeds. Top with poached eggs. Season with remaining salt and pepper.



Tip

Looking for more vegetables? Shredded carrots, roasted red peppers and grilled eggplant would also pair well with this dish.

