

IN THE KNOW ABOUT NUTRITION

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Easter Time Means Egg Time

History:

The Easter bunny first arrived in America in the 1700s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called “Osterhase” or “Oschter Haws.” Their children made nests in which this creature could lay its colored eggs. The egg is an ancient symbol of new life and was associated with spring festivals in pagan cultures but came to represent Jesus’ emergence from the tomb and resurrection. Decorating eggs for Easter is a tradition that dates back to at least the 13th century, according to some sources. One explanation for this custom is that eggs were formerly a forbidden food during the Lenten season, so people would paint and decorate them to mark the end of the period of penance and fasting, then eat them on Easter as a celebration.



majority of the nutrition is found in the yolk so it’s best to eat the whole egg!

Popular Misinformation (Don’t be fooled):

Around Easter time when consumers are looking to buy more eggs, many are confused by the options in the egg case. From a nutrition perspective, the content of eggs is similar regardless of color (white or brown), grade (AA, A or B), or how they are raised (organic, free-range and conventional).

Companies use labels such as these to make their eggs seem healthier or have a higher quality than a cheaper brand, but you sometimes end up paying more money for the same nutrition. Exceptions to this are eggs from chickens fed a diet higher in vitamin D or Omega 3 which do increase the amount of that nutrient in the eggs, but again comes at a higher price.

Eggs are high in cholesterol, but the effect of egg consumption on blood cholesterol is minimal when compared with the effect of trans fats and saturated fats. This means that when paired with other healthy foods and not bacon, sausage or ham, eggs can be enjoyed guilt free year round and especially on Easter...in moderation of course.

Health Benefits of Eggs:

Eggs are a great source of **protein** with about 6 grams per egg and contain all 9 essential amino acids making them a good muscle building food.



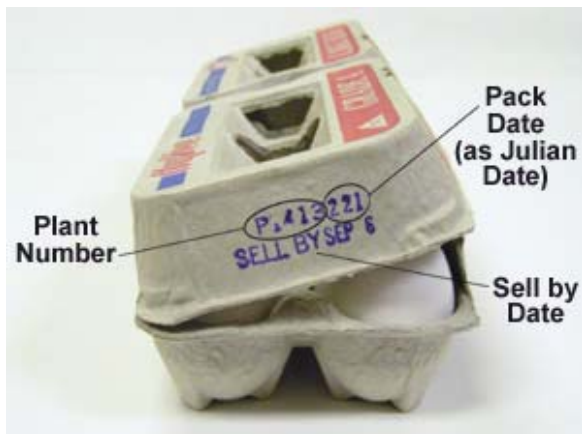
They provide important nutrients such as **vitamin D** for bone strength and a healthy immune system, as well as **choline** for brain function. The antioxidants **lutein** and **zeaxanthin** are also found in eggs, they are important for cognition, eye health and help protect eyes from harmful blue light from monitors and screens. Eggs also contain many **B-vitamins** for energy and the important mineral **iodine** to balance thyroid hormones. The

Key Tips:

- Hard-boiled eggs can last up to one week in the refrigerator, unpeeled, and make for an easy weekday snack or salad topper.
- Make time for healthy eating around the Easter holiday. Choose nutrient-dense foods, like eggs, to keep you feeling energized and full.

Food Safety:

- The risk of getting a foodborne illness from eggs is low, however proper handling and storage of eggs is important to prevent possible illness and disease.
- It is best to keep eggs stored in the refrigerator at or below 40°F to make them last longer. Do not eat decorated eggs that have set out longer than 2 hours.
- You should also keep eggs in the main body of the refrigerator and not in the door to make sure that they stay at the same temperature, since the door items are further away from the cold when the door is left open.
- Discard any eggs that are unclean, cracked, broken or leaking and practice good hygiene like washing hands when preparing them.
- The use-by or sell-by date listed on the package is not strict for eggs. In fact, eggs can be kept beyond the use-by date for about 30 days and still be good to eat.



Here's a healthy and easy yet interesting and flavorful Easter Time snack idea for the family:

Buffalo Egg Salad Celery Sticks



Ingredients: (Yields 6 servings)

- 8 hard boiled eggs, peeled and chopped
- 3 tbsp. regular or light mayonnaise
- 2 tbsp. chopped fresh chives, divided
- 1 tbsp. lemon juice
- 1 tbsp. buffalo-style hot sauce
- ¾ tsp. paprika, divided
- ¼ tsp. each salt and pepper

Directions:

1. Combine eggs, mayonnaise, 1 tbsp. chives, lemon juice, hot sauce, and ½ tsp. paprika, salt and pepper. Spoon into celery pieces.
2. Sprinkle remaining paprika and chives over the top.

Nutritional Information:

Per serving: (per 1/6 of recipe)

Calories 160; Fat 12g; Cholesterol 250mg; Sodium 330mg; Carbohydrate 3g; Fiber 1g; Sugars 1g; and Protein 9g.

Sources:

<https://www.history.com/topics/holidays/easter-symbols>

<https://www.eggnutritioncenter.org/materials>

<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/expert-answers/cholesterol/faq-20058468>

<https://www.incredibleegg.org/recipe/buffalo-egg-salad-celery-sticks/>

<https://food.unl.edu/cracking-date-code-egg-cartons>