

# 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

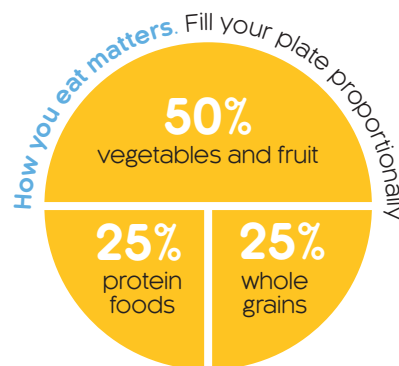
 salty snacks

 processed meats

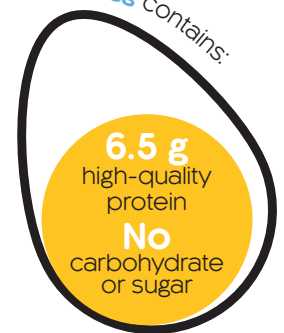
People with type 2 diabetes need to keep their blood sugar levels stable. **Eggs can help!**



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.

