

Eggs: Good For You And Your Baby!



Many people have heard that eating eggs is not healthy because they are high in cholesterol. However, eggs contain many important nutrients necessary for pregnant women and their babies. Pregnant women should eat foods from the 5 food groups: 1) grains, 2) vegetables, 3) fruits, 4) milk and 5) meat & beans. Eggs belong to the meat group because they are high in protein. In general, a person may eat 1 egg per day unless the doctor recommends otherwise

Healthy Tips For Preparing Eggs

Remember to consume fats in moderation. Add only 1 teaspoon of oil when preparing fried eggs. Always remember to cook eggs well, both the white and yellow part

To increase the nutritional value of eggs, while preparing scrambled eggs and omelets, you could add a slice of low-fat cheese or vegetables such as: pieces of tomatoes, red or green peppers and onions

The vitamins and minerals found in eggs are distributed in the yellow (yolk) and white parts. The side table shows some important nutrients found in eggs and their benefits

Nutrients	Benefits
Protein	Helps form muscles and tissue
Vitamin B Complex	Important in the formation of healthy red blood cells and to use energy from foods. Helps maintain healthy skin, nervous and digestive systems. Essential for normal growth
Folic Acid	Helps with the development of the baby's organs and tissues, and reduces the risk of spinal birth defects such as spina bifida
Vitamin A	Development of the eyes and vision; protects against some kinds of cancer and infections
Vitamin E	Helps maintain healthy blood vessels
Vitamin D	Helps absorb calcium, which is important for the formation of strong bones and teeth
Choline	Helps with brain development and function
Biotin	Helps in the metabolism of fat, carbohydrates and protein
Calcium	Helps develop baby's teeth and bones
Iron	Forms red blood cells for mother and baby, which is needed for growth and development of the baby
Magnesium	Helps build strong bones and teeth, regulates sugar levels and repairs body tissues
Zinc	Helps in maintaining the processes required for the growth of the baby
Manganese	Helps in the formation of bones, tissues, and sex hormones and also plays a role in regulating blood sugar

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