Eating Eggs

Fresh eggs are a healthy food for people of all ages. They are cheap, tasty and easy to prepare. In the past, some people thought that eggs may be bad for them, but research shows that eggs are a good choice.

Eggs can be used instead of meat in a meal. They are high in protein and have lots of vitamins and minerals such as vitamin B12 and folate. Try these easy ideas for including eggs in your meals and snacks:

* Make scrambled eggs or an omelette and add leftover vegetables.
* Add hard boiled eggs to sandwiches or salads.
* Try a poached egg on multigrain toast.
* Scrambled eggs served with baked beans, cooked tomatoes, mushrooms or asparagus.
* Make a vegetable frittata. Start by beating some eggs. Add some diced or grated vegetables. Try zucchini, mushrooms, tomato, spinach, sweet corn, and onion. Sprinkle with grated cheese and bake in the oven until cooked.

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