

# Eggs and Diabetes: FAQ

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Can I eat eggs? This is one of the most common questions individuals with diabetes have about eggs. Below is up-to-date information and research to answer some common questions.



## Are eggs part of a healthy diet?

Yes! The 2015-2020 Dietary Guidelines for Americans include eggs in healthy eating patterns and list them as a nutrient-dense food option. One large egg has varying amounts of 13 essential vitamins and minerals, 6 grams of protein, and the antioxidants lutein and zeaxanthin.



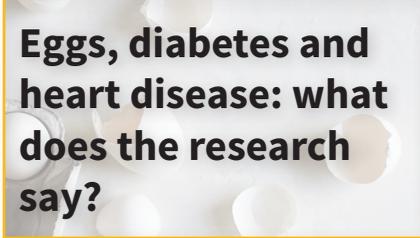
## Can people with diabetes eat eggs?

The American Heart Association and American Diabetes Association recommend eating patterns that include whole grains, fruits, vegetables, legumes and low-fat dairy products, and restrict foods high in saturated fats, trans fats, high-sodium, and added sugars.<sup>1</sup> Eggs can fit within the context of this diet.



## Do eggs increase blood glucose levels?

Carbohydrates have the most impact on blood glucose levels versus fat or protein. Eggs are naturally low in carbohydrates. A recent study found that compared with an oatmeal breakfast, 1 egg per day did not increase blood glucose or cholesterol levels.<sup>2</sup>



## Eggs, diabetes and heart disease: what does the research say?

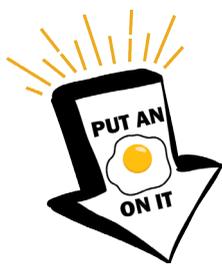
Some observational studies have shown a possible link between egg consumption and heart disease risk in individuals with diabetes. However, more recent clinical trials do not support these findings.<sup>3</sup> Individuals with diabetes can eat 1-2 eggs per day without negatively impacting cardiovascular risk factors.<sup>2,4</sup>



## Can eggs promote a healthy weight?

Research demonstrates that eggs can help people feel more full, which can ultimately help them eat less throughout the day. For example, individuals with type 2 diabetes reported less hunger and greater satiety levels when they consumed 2 eggs per day.<sup>4</sup>

# Are you looking for quick breakfast ideas that don't break the bank?



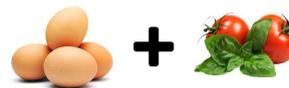
Put an egg on it! Eggs are delicious, versatile, and nutritious. Eggs are the perfect fast-food for breakfast or a snack for busy peoples. Hard-boiled eggs can be cooked the night before and are portable. At just \$0.15 per large egg, eggs are budget-friendly and can be paired with many foods for **easy and quick meals**:



Quiche and sliced fruit



Egg sandwich with whole grain toast



Eggs with vegetables (tomatoes, mushrooms & spinach)



Spanish tortillas - eggs & potatoes

	Meal Plan	Latino Meal Plan
<b>Breakfast</b>	Scrambled eggs with mushrooms and spinach served over sweet corn hash* Tea or coffee	Huevos rancheros over green or red sauce served over crunchy tortillas Tea, coffee or chocolate
<b>Snack</b>	Fresh strawberries sliced sprinkled with cocoa and cinnamon	Toasted walnuts with dark chocolate chips
<b>Lunch</b>	Arugula salad with dried cranberries and shredded carrots drizzled with a vinaigrette dressing Brown rice Grilled lemon orange marinated chicken	Mexican albondigas** (meatballs) soup with brown rice, tomatoes, carrots and zucchini Corn tortillas
<b>Snack</b>	Roasted almonds	Grilled pineapple slices sprinkled with toasted chopped hazelnuts served over vanilla yogurt
<b>Dinner</b>	Teriyaki salmon Grilled asparagus Oven roasted butternut squash & parsnips	Tinga de pollo (shredded chicken in green or red tomato sauce) served over tortillas Avocado, tomato and radish salad with lime dressing
<b>Snack</b>	Yogurt with chopped pecans	Fruit salad (apples, tangerine, banana, papaya)

## \*Sweet Corn Hash

Preparation time 30 minutes

Serving size: 2/3 cup

Serves: 4

### Preparation:

1. Heat a skillet or pan over medium heat. Add the canola oil
2. Add the pepper and stir for about 2 minutes
3. Add corn and sweet potato. Stir. Lower heat and cook for 4 minutes or until gold brown
4. Add thyme, rosemary, salt & pepper. Mix & serve

### Ingredients:

- 1 1/2 tbsp canola oil
- 2 C fresh sweet corn cut off the cob or frozen fresh corn niblets
- 3/4 C small diced red sweet bell peppers
- 1 C small diced sweet potatoes cooked with skin
- 1 tsp chopped fresh rosemary
- 1 tsp chopped fresh thyme
- Salt & pepper to taste



\*\*Albondigas de carne - <http://www.lasrecetasdelaabuela.com/receta/albondigas-de-carne>

Sources:  
 1. Fox CS, et al. Update on Prevention of Cardiovascular Disease in Adults With Type 2 Diabetes Mellitus in Light of Recent Evidence: A Scientific Statement From the American Heart Association and the American Diabetes Association. *Diabetes Care*. 2015;38:1777-803.  
 2. Ballesteros MN, et al. One egg per day improves inflammation when compared to an oatmeal-based breakfast without increasing other cardiometabolic risk factors in diabetic patients. *Nutrients*. 2015;7:3449-3463.  
 3. Djousse L, et al. Egg consumption and risk of type 2 diabetes: a meta-analysis of prospective studies. *Am J Clin Nutr*. 2016. E-pub ahead of print.  
 4. Fuller NR, et al. The effect of a high-egg diet on cardiovascular risk factors in people with type 2 diabetes: the Diabetes and Egg (DIABEGG) study – a 3-mo randomized controlled trial. 2015 e-pub ahead of print.