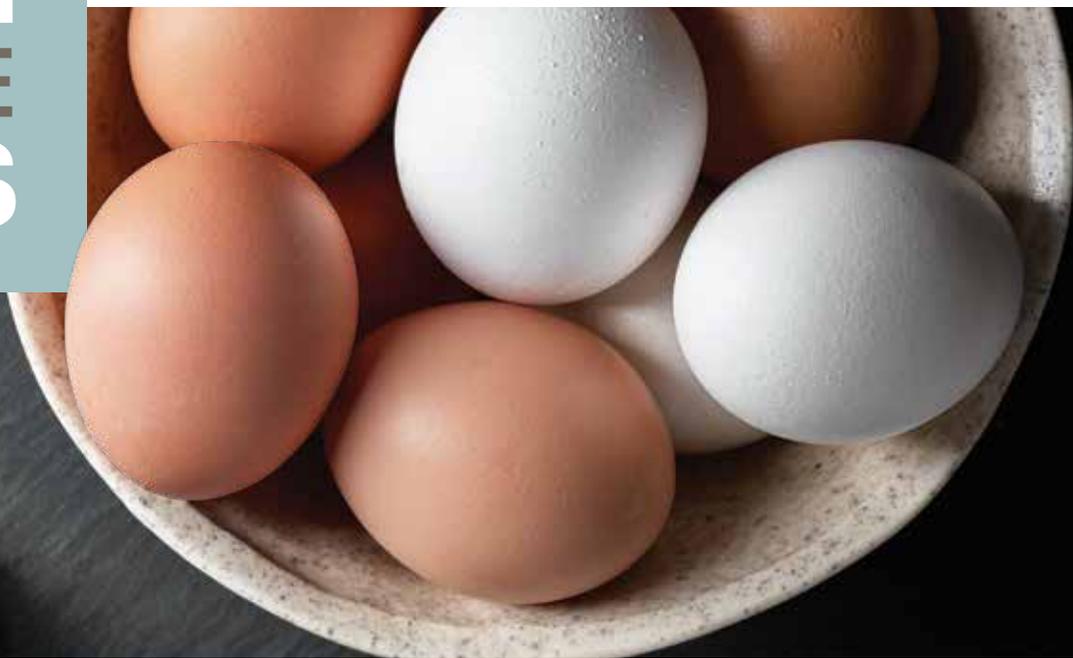


FRESH OFF THE PRESS



FEBRUARY 2018 NEWSLETTER

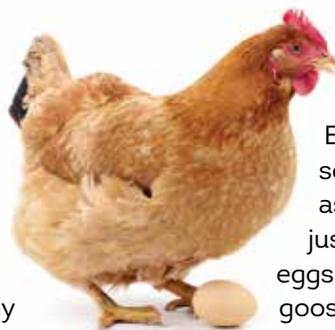
L I V E Y O U R W H O L E L I F E

EXTRAORDINARY EGGS

Few foods are as flexible and nutritious as the egg. A low-cost, convenient source of high-quality protein packaged neatly in a shell, eggs can be prepared in a variety of easy ways for a quick and satisfying meal. Just 75 calories each and containing all nine essential amino acids and numerous important vitamins and minerals, they are also a simple and healthy way to give the body what it needs.

Since eggs also contain cholesterol, there has been concern that they pose more of a heart risk than a health benefit. Since the 1990s, however, studies have shown that cholesterol found in eggs has little impact on the cholesterol levels in your blood. According to doctors, most people can eat an egg every day and not increase their risk of heart disease (those already with heart disease, high cholesterol or diabetes can eat up to four eggs per week, but should consult with their healthcare provider for guidance).

Eggs have been a key part of the American diet at least since early colonists brought egg-laying chickens with them from Europe. By the 1800s,



chickens were bred specifically for their eggs, with little interest in eating the meat, according to historians.

Eggs were consumed on their own, scrambled, boiled, fried and even deviled, as well as baked into breads and cakes, just as they still are today. And while the eggs mostly came from chickens, duck, goose, quail and turtle eggs were sometimes on the menu.

People in other areas of the world have also valued eggs, both as a source of nourishment and a symbol of fertility and rebirth. Early Egyptians reportedly built chicken coops and practiced techniques to increase the number of eggs that hens laid. Today, farmers raise large flocks of hens that produce many types of eggs, from cage-free to nutrient-enriched.

As Americans re-embrace eggs, they're also finding new ways to enjoy them—including fried crispy, cracked over a rice bowl or topping a pizza. No matter how served, preparation always starts simply enough: with a crack to reveal the nutrition hidden inside of each egg's perfect shell.

EGGS AND YOUR HEALTH

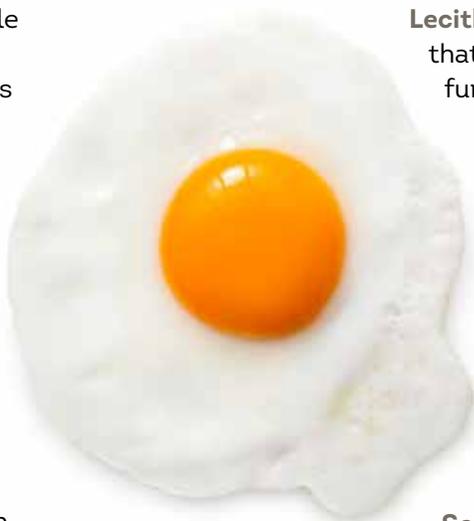
In recent years, whole eggs in moderation have gotten a thumbs up from many health organizations. If you are still concerned about eggs or need to limit your intake of cholesterol and saturated fat, you can still get many of the benefits by removing the yolks and eating only the whites (as well as by avoiding unhealthy sides like bacon, sausage and hash browns).

Egg whites contain more than half of the protein of an egg, plus vitamins B2, B6 and B12 and various minerals, including selenium, zinc, iron and copper. Egg yolks contain most of the cholesterol and some saturated fat (about 1.6 grams), plus choline, lecithin, vitamins A, D, E and K and antioxidants, such as lutein and zeaxanthin.

Here is how some of the nutrients in eggs benefit your body:

Vitamin D plays a key role in normal growth and development. It supports a healthy immune system and enables the body to absorb phosphorus and calcium for strong bones and teeth.

Choline is part of the cell membrane structure of all of your cells and is especially important to liver functioning, brain development and memory. It may also lower cancer risk.



Lecithin is required for healthy cells. Studies indicate that it may benefit immune functioning, liver functioning and improve digestion.

Lutein and zeaxanthin are powerful antioxidants that help protect your eyes from the sun. High levels are associated with better vision and may prevent cataracts and other age-related eye diseases.

Protein found in eggs is complete, meaning that it contains all nine essential amino acids and is easily utilized by the body. Eggs are an excellent non-meat source of complete protein.

Selenium plays a role in many bodily functions. Studies have shown that it may help prevent cognitive decline, heart disease, thyroid problems and some fertility problems.



DID YOU KNOW?



When peeling hard-boiled eggs, fresh eggs are harder to peel because they have less air inside the shell.



Americans consumed an average of 267 eggs per person in 2017.

SPINACH MUSHROOM EGG AND HAM CUPS

Cooking spray

8 slices deli-style smoked ham (1/2 ounce each)

2 teaspoons olive oil

1/2 cup mushrooms, diced

1 cup baby spinach, chopped

5 eggs

1/8 teaspoon fresh ground black pepper

1/3 cup reduced-fat, shredded cheese (optional)

Preheat the oven to 350 degrees F. Spray a muffin tin with cooking spray.

Line 8 of the muffin cups with a slice of ham.

Add the oil to a sauté pan and heat over medium-high heat. Add the mushrooms and cook for 3 minutes.

Add the spinach and cook for another 3 minutes.

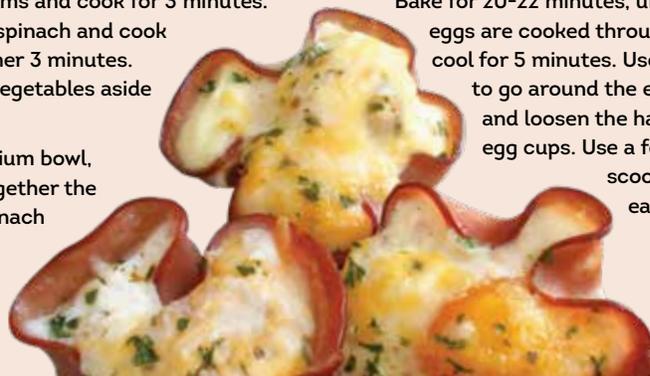
Set the vegetables aside to cool.

In a medium bowl, whisk together the eggs, spinach

and mushrooms, pepper and cheese (optional).

Carefully fill the 8 muffin cups (lined with ham) with the egg mixture until 2/3 full (try to not let eggs drip on the sides underneath the ham slices).

Bake for 20-22 minutes, until the eggs are cooked through. Let cool for 5 minutes. Use a fork to go around the edges and loosen the ham and egg cups. Use a fork to scoop out each cup.



Recipe yields: 8 servings
Per Serving (one ham and egg cup): 70 Calories, 4.5g Fat, 1.3g Saturated Fat, 1g Carbs, 0g Fiber, 180mg Sodium, 125mg Cholesterol, 0g Sugar, 7g Protein

Source: American Diabetes Association

DO BROWN EGGS TASTE BETTER THAN WHITE?

When it comes to buying eggs today, you have more choices than just medium or large.

Cage-free eggs come from hens that are uncaged and can walk around and spread their wings, but they don't usually have access to the outdoors.

Free-range and pasture-raised eggs come from uncaged hens that also have access to the outdoors.

Organic eggs also come from cage-free hens given outdoor access, plus the hens are raised on feed that is free of synthetic pesticides, fungicides, herbicides and fertilizers.

Vegetarian-fed eggs come from hens fed a vegetarian diet.

Omega-3-enriched eggs come from hens given feed that includes flax, fish oils or other ingredients to boost the level of omega-3 fatty acid in their eggs.

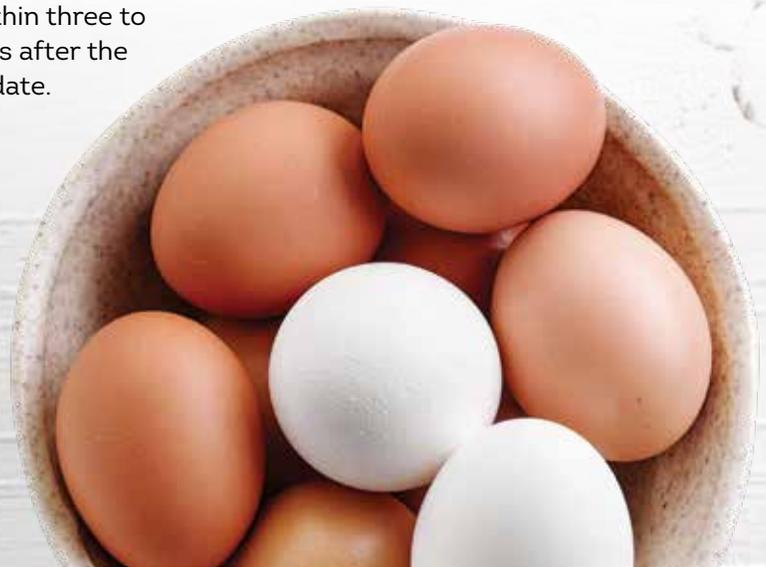
Brown eggs are essentially the same as white eggs—different breeds of hens simply lay different-colored eggs.

How to choose? Ethics and cost may guide your decision. Taste and nutrition should not, though, since all of these eggs taste essentially the same and provide essentially the same nutritional benefits as long as they're fresh. Always check the label date. Eggs are generally fine to eat within three to five weeks after the "sell by" date.

How to tell if an egg is fresh

Fill a bowl with cold water and place your egg in the bowl.

- If it sinks to the bottom and lays flat on its side, it's very fresh.
- If it stays submerged but stands on its point at the bottom of the bowl, it is less fresh but still good to eat.
- If it floats to the surface, it is no longer fresh enough to eat.



An eggshell is a semipermeable membrane, so air and moisture can pass through its pores.



A hen turns her egg nearly 50 times each day to keep the yolk from sticking to the side.

NEW-FASHIONED EGG SALAD

6 hard-boiled large eggs, peeled
3 tablespoons gluten-free light mayonnaise
1 teaspoon Dijon mustard
1 teaspoon pourable sugar substitute
1/8 teaspoon salt
1/8 teaspoon black pepper
1 medium celery stalk, finely chopped
36 gluten-free crackers, such as rosemary and olive oil

Cut the eggs in half and discard 6 egg yolk halves. Place the remaining egg yolk halves in a medium bowl, mash with a fork and stir in the mayonnaise, mustard, sugar substitute, salt and black pepper.

Finely chop the egg whites and stir into the egg mixture with the celery. Serve with crackers.

Source:
American Diabetes Association

Recipe yields: 4 servings
Per Serving (1/2 cup plus 9 crackers): 165 Calories, 6g Fat, 1.5g Saturated Fat, 20g Carbs, 2g Fiber, 435mg Sodium, 140mg Cholesterol, 9g Protein, 3g Sugar



GET A FLU SHOT NOW, STAY HEALTHIER LATER

The flu season is well underway, with the illness widespread in most states. Is it too late to get vaccinated?

"You can, and should, still get vaccinated," said Lourdes Medical Associates family physician Neil Levin, DO. "The flu season can begin as early as October and run through May, with peak activity in January and February. But to be prepared, you should get the shot soon, as it takes two weeks for the antibodies in the vaccine to develop in your body and protect you against the flu."

Annual Epidemic

The CDC recommends that everyone 6 months and older should get a yearly flu vaccine, including pregnant women. This year, the CDC is recommending people receive an injectable flu vaccine (the shot) and not a nasal spray.

Public health officials say this year's combination flu vaccine may not be as effective as in past years because of the appearance of the H3N2 strain as the most common circulating virus. However, even if not a perfect match, the vaccine may offer some protection against this year's flu and patients should still be immunized.

Avoid Passing the Flu

Flu viruses appear to spread from person to person through coughing, sneezing or talking. It is also possible to get the flu by touching an object that has flu virus on it and then touching your mouth, eyes or nose.

In addition to getting the flu shot, good hand hygiene and commonsense steps can help stop the spread of germs:

- Wash your hands often with soap and water. Use an alcohol-based hand sanitizer if soap and water are not available.
- Cough or sneeze into a tissue, then throw the tissue away.



- Don't touch your eyes, nose or mouth.
- Try to stay away from sick people.
- Disinfect hard surfaces like phones and keyboards.

If You Get the Flu

Symptoms of influenza come on abruptly, one to four days after being exposed to the virus. They include fever (usually over 102 degrees Fahrenheit), headache, body ache, fatigue, dry cough, sore throat and nasal congestion.

"In uncomplicated flu cases, patients usually improve over two to five days, although the illness may last for one week or more. Some patients have persistent symptoms of weakness or fatigue which last for several weeks," said Dr. Levin.

The flu also can lead to more serious complications. The most common is pneumonia, which can be life-threatening.

If you do get the flu, Dr. Levin recommends:

- Stay home and rest until your fever has been gone for at least 24 hours.
- Drink lots of fluids.
- Take over-the-counter pain relievers to ease fevers, headaches, muscle aches and sore throats.

"Even if you're basically healthy and are likely to recover from influenza, get a flu shot and encourage others to do the same," said Dr. Levin. "It will not only protect your own health, but your loved ones and the community as well."

To locate where you can get a flu shot, visit <http://flushot.healthmap.org>.

FREE SCREENINGS

Lourdes has partnered with ShopRite to offer free blood pressure and glucose screenings. Participants receive an interpretation of their results, educational materials and tips for healthy living. No registration is required.

- Third Wednesday of the month, 12 noon to 2 p.m., ShopRite of Delran (Route 130)
- Third Wednesday of the month, 3 to 5 p.m., ShopRite of Cinnaminson (Route 130)
- Third Thursday of the month, 10 a.m. to 12 noon, ShopRite of Mount Laurel (Ark Road)
- Third Thursday of the month, 12:30 p.m. to 2:30 p.m., ShopRite of Hainesport (Route 38)
- Fourth Monday of the month, 1 to 3 p.m., ShopRite of Burlington (Route 541)

All screenings are performed in front of the supermarket pharmacy. Fasting is preferred for glucose screenings.

