

Better Nutrition For Your Calorie “Salary”

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(NAPSA)—While fad diets come and go, often making it difficult to decide what to eat as part of a healthy lifestyle, a balanced diet never goes out of style.



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Each person has a calorie “salary,” an amount of calories to maintain his or her weight. You need to be mindful about how you spend calories and make sure to fuel your body with the nutrients it

needs every day.

When planning where to “spend” my family’s calories, I choose nutrient-rich foods such as Egghland’s Best eggs, because they taste great and offer a bigger “bang” for our caloric buck. I like Egghland’s Best eggs because for just 70 calories my family gets an egg containing 10 times more vitamin E and 38 percent more lutein than an ordinary egg.

As a mother and a registered dietitian, I love the fact that Egghland’s Best eggs provide double the amount of omega-3 fatty acids and vitamin D of ordinary eggs, since these nutrients are essential for brain development and building strong bones. Plus, Egghland’s Best eggs contain less cholesterol and 25 percent less saturated fat.

For busy parents looking for tips on sustaining healthy eating habits throughout the day, I recommend preparing meals ahead of time.

Here is a nutritious recipe that can be enjoyed at breakfast, lunch and dinner.

To find more recipes and information on Egghland’s Best, visit www.egghlandsbest.com.



This Egghland’s Best Bell Pepper Frittata is a tasty way to serve essential nutrients to your family and can be enjoyed at any mealtime.

Egghland’s Best Bell Pepper Frittata

Makes 6 servings

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients:

- 6 Egghland’s Best eggs
- $\frac{3}{8}$ cup fat-free milk
- $\frac{3}{8}$ cup bell peppers, diced
- $\frac{3}{8}$ cup shredded low-fat mozzarella cheese
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 1 tablespoon butter

Preparation:

Preheat oven broiler to medium-high heat.

In a medium bowl, mix Egghland’s Best eggs, milk, salt, pepper, butter until well blended; stir in diced peppers.

Cook in a 12-inch ovenproof, nonstick skillet over medium heat until edges are set and eggs begin to cook through, approximately 5 minutes.

Sprinkle shredded mozzarella cheese over eggs and remove from stove; heat under broiler until cheese is melted and eggs are set (1–2 minutes).

Cool for 10 minutes before serving.