

Healthful Eating

Easy Ways To Add Vitamin D To Your Diet

(NAPSA)—Here is “D”-lightful news: A diet rich in vitamin D can help you have A+ health. Adding more vitamin D to your diet can be easier and more enjoyable than many people realize.

According to the National Institutes of Health, the need for vitamin D grows as people age. People age 14 to 50 need 5 micrograms per day, while those 51 to 70 need 10 mcg per day. Adults over 70 need 15 mcg.

As part of a healthy diet, recent studies indicate increased vitamin D consumption can help prevent diabetes. Additionally, a low level of vitamin D has also been linked to obesity in study participants and individuals experiencing chronic pain.

“One of the major barriers to healthy eating is lack of convenience,” says registered dietitian Lynn Cicero. “It is important to include foods in your diet that contain vitamin D like fish, fortified milk and Eggland’s Best eggs.”

Eggland’s Best eggs has recently improved its already nutritious egg with four times more vitamin D and more than three times the omega-3 as compared to ordinary eggs. Ongoing research also shows that a diet rich in omega-3 can help reduce one’s risk of high cholesterol and cardiovascular disease.



A diet rich in vitamin D can help you have A+ health, and adding more to your diet can be as easy as cracking open an eggshell.

EB eggs, which come in large, extra large, jumbo, cage-free and organic varieties, also have high levels of vitamin B2 (riboflavin), over 75 percent more vitamin B12 than regular eggs and 50 percent more vitamin A. The eggs are an excellent source of iodine, which can help regulate the body’s metabolism, and contain almost three times more iodine than ordinary eggs. They provide a good source of folate plus 46 percent more lutein, a nutrient that helps keep eyes healthy. Additionally, they contain 25 percent less saturated fat and 19 percent less cholesterol than regular eggs.

The Serving Suggestion

Getting more vitamin D can be delicious, as the following recipe shows:

Berry French Toast

Makes 8 servings

Ingredients:

- 4 Large Eggland’s Best eggs
- ½ cup nonfat milk
- 1 teaspoon vanilla extract
- Pinch of ground cinnamon
- 8 slices of light whole wheat bread
- Powdered sugar (optional)
- 2 cups berries (raspberries and blueberries)
- Pure maple syrup (optional)

Preparation:

Whisk eggs, milk, vanilla extract and cinnamon in a glass pie dish.

Working in batches, dip bread in egg mixture; let soak for 30 seconds on each side.

Spray large nonstick skillet with vegetable oil spray.

Heat over medium heat. Working in batches, add bread to skillet and cook until golden, about 4 minutes per side.

Transfer to serving plate. Dust with powdered sugar if desired. Top with berries. Serve with warm maple syrup on the side.

The Site

For more information, delicious and nutritious recipes and other healthy meal ideas, visit www.EgglandsBest.com.