

Tips for Heart-Healthy Eating with

EGGS



of premature heart disease and stroke can be prevented through your life choices and habits, such as eating a healthy diet that includes a variety of foods each day.

Heart-healthy habits



Keep healthy options on hand Keep cut vegetables and fruit in the fridge. Try keeping hardboiled eggs on hand for quick snacks (they last for seven days in the fridge).



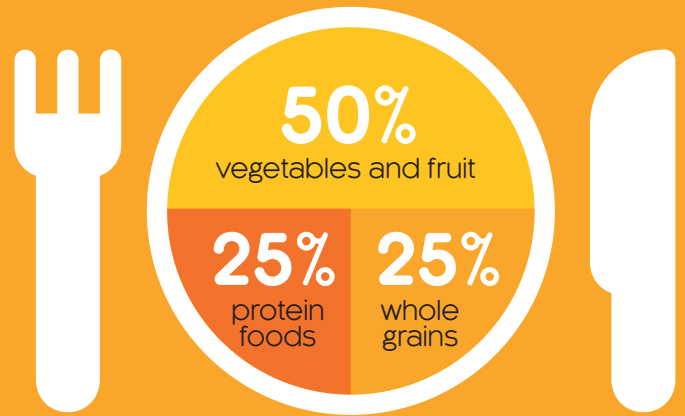
Cook once and enjoy twice Try quiches, frittatas, soups, stews, casseroles which are great options for dinner and for lunch the next day.



Make healthy habits a team effort Get friends and family involved by cooking a healthy meal together. If you have kids, cooking with them is a good way to help build healthy eating habits.

Where do eggs fit in?

Eggs can be part of a healthy diet for people living with heart disease or stroke. Heart & Stroke recommends a healthy balanced diet with a variety of protein-rich foods. Aim for $\frac{1}{4}$ of your plate full of protein foods.



1 egg provides



6.5g

of high-quality protein

Important nutrients such as **vitamins A, D, B12, folate, iron and zinc.**

Most of the nutrients and almost $\frac{1}{2}$

of the protein in eggs are found in the yolk

Egg and Cottage Cheese Breakfast Bowl

This egg and cottage cheese bowl is a tasty, protein-rich meal that can be enjoyed for breakfast or as a snack anytime of the day.

Ingredients

- $\frac{1}{2}$ cup (125 mL) cottage cheese
- 1 hard or soft boiled egg
- Half ripe avocado, pitted, peeled and sliced
- 2 mini radishes, sliced
- $\frac{1}{2}$ cup (125 mL) cucumber, sliced
- 1 tbsp (15 mL) each finely chopped chives and green onion (or herbs of your choice)



Serves



Prep Time
(mins.)



Cook Time
(mins.)

Instructions

Place cottage cheese at the bottom of a bowl or a to-go container. Place egg, avocado, radish, and cucumber on top. Garnish with herbs.



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