Recent research has found that during pregnancy, especially during the third trimester, nutrients from eggs are needed to support fetal development. Choline is a vitamin-like essential nutrient found in eggs. A deficiency of choline in pregnant women may result in birth defects. Choline has been shown to play an important role in fetal and infant brain development and strengthening the parts of the brain that control memory and learning. Having enough choline keeps your body working as it should, and not having enough can cause muscle damage and fat in the liver that is not normal. According to recent research, women with diets low in choline have four times greater risk of having children with neural tube defects like spina bifida. The research also found that in general, many Americans aren’t getting enough choline.

An easy way to incorporate more choline into the diet is to eat more eggs! Egg yolks are a good source of choline, providing about one quarter of the recommended daily amount. An adequate intake of choline is 425 milligrams per day for women and 550 milligrams per day for men.

Sources: https://www.eurekalert.org/pub_releases/2014-01/epr-nss012814.php
Food Safety: Egg Appearances

Written by: Camille Clark, Senior in Nutrition Science, Purdue University

Salmonella bacteria is often associated with eggs and can cause fear if you’re not sure what to look for. Luckily the odds of your egg having salmonella is only 1 in 20,000, but it is still important to watch for signs of harmful bacteria. Blood or meat spots, cloudy egg white, and a green ring on hard-cooked yolks are common, safe to eat, and are not signs of bacteria to worry about. However, black or green spots inside the egg or an off-color egg white such as pink, green, or iridescent are signs of eggs you should not eat due to spoilage or contamination.

One way the age of an egg can be gauged is by seeing whether it floats or not. As eggs age the air pocket inside becomes larger and will make the egg float. Older eggs that float might not always be bad, so cracking the egg open and checking its appearance and odor is the best way to check the safety. Cooking eggs is the best way to kill harmful bacteria. Always be sure to cook eggs to 160 degrees F to avoid foodborne illness!

Blood Vessel Rupture: Safe
Due to Hen’s Diet: Safe
Due to Overcooking: Safe

Veggie & Cheddar Crustless Quiche

Ingredients (6 Servings)
- 8 eggs
- 3/4 cup milk
- pinch of salt and pepper
- 1.5 cups shredded cheddar cheese
- 1 cup chopped broccoli florets
- 1/2 cup finely chopped red onion
- 1/2 cup chopped red pepper

Instructions
1. Preheat oven to 350 degrees
2. Whisk together eggs, milk, salt & pepper. Stir in cheese, broccoli, red onion, and red pepper
3. Spoon mixture evenly into greased 6-cup jumbo muffin pan
4. Bake for 35-40 minutes or until the tops are puffed

Nutrition Facts (per serving)
Calories: 250
Protein: 18 grams
Carbs: 5 grams
Fat: 18 grams

Eating Right: 5 Reasons to Eat Eggs

Written by: Emma Rich, Dietetics/Nutrition, Fitness, and Health, Purdue University, 2020

1. Eggs are packed with protein.
One large egg is filled with 6 grams of protein, which will help to make you feel full and satisfied. Eggs are also a great source of protein for vegetarians.

2. Eggs provide vitamin D, K, and B12.
Vitamin D is important for bone health because it makes it possible for your body to use calcium to strengthen bones. Another important way to get vitamin D is from the sun. Getting enough vitamin D from your diet can be especially important in the winter when most people do not get as much sunlight. Eggs also contain other vitamins such as B12 and K.

3. Eggs are great for your brain.
Eggs contain choline, a micronutrient that helps form neurotransmitters in your brain that are responsible for memory and learning. Choline also plays an important role in your energy and mood, and is especially helpful in fetal brain development.

4. High-quality eggs are easy to come by.
Eggs may be marketed to be enriched with additional nutrients or produced using special practices; but all eggs, whether marked in these ways or not, are healthy sources of nutrients that your body needs.

5. Eggs will not raise your cholesterol.
Eggs can be safely eaten for maintaining overall health, including cholesterol. While eggs do contain cholesterol, they can be eaten without risk to blood cholesterol levels or heart disease. Instead, focus on avoiding trans fats and sugars, not eggs.

The History of Easter Eggs

Written by Caroline Parker, Dietetics/Nutrition, Fitness & Health, 2021

There are many different theories for how Easter Eggs were first created. One explains that Easter Eggs were first created in Medieval Europe for celebrations honoring the goddess Eastre, and the beginning of Spring. According to some, eggs were eaten at the festival for Eastre and buried in the ground to encourage fertility!

Another theory of the origin of Easter Eggs follows the history of Christianity, and the rules to avoid animal products, including eggs, during Lent. The eggs that chickens laid during Lent were hard-boiled in order to store them until Lent was over. After Lent and just before the Easter holiday, the eggs could be eaten.

Surprisingly, eggs were not dyed for Easter until 1290 in Britain. By the 13th century, eggs were dyed red, to signify joy, and given to churches as offerings. It was not until the 19th and 20th centuries that dyed eggs were given to children instead of churches. The creation of Easter egg hunts came quickly thereafter, and still remain a favorite holiday tradition for many families.

Sources: http://time.com/4732984/easter-eggs-history-origins/