

**National Volunteer
Month- Make sure to
Thank your MOW
Driver**

Senior Meals Program

April 2022

Wellness Newsletter



EGG FACTS



What do you know about eggs?

The Nutrient Profile:

Due to changes in farming and feeding, today's eggs contain more vitamin D and are lower in cholesterol than before.

In 2011, the USDA re-evaluated the nutrients found in eggs.

Now they show that one large egg contains 75 calories as well as 41 IU of vitamin D and 185 milligrams of dietary cholesterol. How is that different? Well, the 2002 analysis indicated that eggs had 64% less vitamin D than they have now. Plus, the earlier eggs appeared to have more cholesterol than eggs today.

Eggs are also good sources of high-quality protein, with a little over 6 grams of protein per egg.



The size of an egg is determined by the weight per dozen.

All sizes of eggs work for scrambling, hard-cooked, or poaching. In fact, I like the medium eggs for these purposes, since they are slightly smaller but just as pretty.

If you're baking, it's best to go for the large eggs. Most recipes are designed with this size egg in mind.

Usually, an egg is packaged the day it is laid and is in the store within three days after that.

Self-by dates or expiration dates are not federally required, but, if listed, they cannot be longer than 45 days after packing.

If refrigerated, eggs will keep in the refrigerator for 4-6 weeks after you buy them.

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Brought to you by: —

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

Café 60 Dining
in Lane County
Call for Information
www.lanesenior meals.org

Coburg, I.O.O.F. Hall
Wed Only (541) 525-6407

Cottage Grove, Riverview Terrace
Tues., Wed., Fri (541) 942-9261

Creswell, Crestview Villa
Mon., Wed., Fri (541) 895-2338

Eugene, Olive Plaza
Monday-Friday (541) 342-3515

Eugene, Northwest Neighbors
Monday-Friday (541) 689-8011

Eugene, River Rd Park Annex Bldg
Tues & Thurs (541) 688-4052

Florence, Florence Senior Center
Mon., Wed., Fri (541) 997-5673

Junction City, Viking Sal Sr Center
Mon., Wed., Fri (541) 998-5367

Oakridge, The Nazarene Church
Tues & Thurs (541) 782-4318

Springfield, Willamalane
Monday-Friday (541) 736-4444

Veneta, Fern Ridge Service Center
Mon., Wed., Fri (541) 935-7354