



# Active Nutrition

## Newsletter July 2012



### Eggs – should we be eating them?

Eggs are one of the most versatile foods. They are eaten for breakfast, lunch and dinner, as well as for snacks, dips, in baking and are touted as the best protein source for body builders. **But** are eggs good for us?

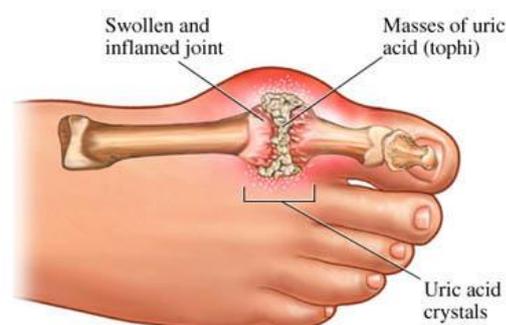
The great egg debate has gone on for over 40 years; much of the debate has revolved around concern about the high levels of cholesterol in eggs. However, little has been said about the other nutrients, the concern has focussed on the high cholesterol content of the egg yolk and how it can adversely affect health.



Eggs are a good, cheap source of protein. The egg white is considered the “gold standard” of all proteins (highest-quality protein). However, whilst egg white is high in protein (1 medium egg white has 3.2g protein), low in carbohydrates and has no fat, it contains few nutrients other than a small quantity of B vitamins. The **good** nutrients are found in the egg yolk, which are packed with loads of healthy nutrients, having 18 vitamins and minerals as well

as almost the same amount of protein as the egg white (1 medium whole egg has 5.9g protein).

Research shows that the average person only needs 0.8g of protein per kilogram of body weight per day (so a 70 kg person requires about 56g). However, those doing strength and/or endurance training or hypertrophy need a lot more protein to support the body requirements and to recover and rebuild muscles after training. Protein is the emergency fuel, not our body’s preferred fuel. Remember, muscle increase only comes from first stressing the muscles; solely consuming protein does not build muscles, and over consumption of protein



can lead to health problems as a result of the body using protein as an energy source. The by-product of using protein as a fuel for energy is uric acid. In high quantities uric acid can be toxic and cause gout or kidney problems. So eat wisely!

The down side of eggs is that they are high in cholesterol (1 medium egg contains 75% of the recommended daily total) and for people who are at risk of heart disease or who have high cholesterol need to watch how many eggs they consume per week. Those under a doctor's guidance need to follow his/her advice when it comes to consuming foods high in cholesterol. However, for the average person the risk of consuming eggs is lower. Research has shown that the cholesterol we eat does not automatically become blood cholesterol. 75% of our cholesterol comes from the conversion of saturated fat.

The important message is how we eat eggs. Raw eggs can harbour dangerous bacteria such as salmonella, so it makes sense not to take risks by eating raw eggs. Even licking the spoon that has mixed the cake or biscuit dough can make you ill.



It is all in the way you cook the eggs that makes them healthy. Boiled, baked, poached or in an omelette are the preferable methods.



### **Woman's Outdoor Fitness Classes**

The inaugural class was held at the Mount on a sunny winter's day – could not have asked for better conditions at a perfect location that inspires exercise and feeling great. Classes are aimed at women over 40, so if you are at a loose end on a Tuesday or Friday morning at 9.00am and wish to get in some fitness, flexibility and core strength please feel free to contact me to find out more.



### **Would you like further information?**

Book an appointment for a full nutrition consultation.

Maximise your health and exercise outcomes. Get the real facts on your nutrition. Don't leave it to guess work or the latest "fad" being promoted.

I am based in Tauranga. If you do not live in the Tauranga area this is not a problem as I am able to consult via Skype, internet or by telephone. There are no barriers to providing you with good information.

Book an appointment or just drop me a line from my web site [www.activenutrition.co.nz](http://www.activenutrition.co.nz)



## Recipe of the Month



### Egg & Tuna Scramble

This breakfast is high in many good nutrients such as iron, zinc, selenium, folate, protein, fibre and vitamins D and most B's.

It is also low in fat and calories (about 300)

3 medium size eggs

60 ml. trim milk

1 spring onion, chopped finely

95g can tuna in spring water, drained

½ cup diced red capsicum

1 cup baby spinach

2 wholemeal pita pockets

salt & pepper to season

Put milk and eggs in microwave-proof dish and whisk. Microwave for 1 minute on high. Remove and whisk again and microwave another 30 seconds on high so the eggs start to scramble.

Add spring onion and cook for another 30 seconds on high

Stir with a fork, add tuna and capsicum, season with pepper and salt to taste

Spoon onto the pita and serve with the spinach