

# **EGGS CAN ENHANCE A DIABETIC DIET**

Diabetes affects over 30 million Americans, including higher percentages of older adults, Hispanics, African Americans and Native Americans. And the number of people with diabetes and pre-diabetes continues to grow. The American Diabetes Association and American Heart Association encourage people with diabetes to eat a healthy dietary pattern that includes nutrient-dense foods.

**FACT:** 50% of Hispanic men and women and non-Hispanic black women are predicted to develop diabetes over their lifetime.<sup>1</sup> Eggs can be part of a healthy diet for those with type 2 diabetes – they have high quality protein, essential nutrients and no sugar added.

- Weight loss is an important goal for people with diabetes and can help make the body more sensitive to insulin and reduce the need for certain diabetes medications. Eggs have little or no effect on blood glucose levels and can be part of a weight loss diet for diabetes.
- Eggs may have a positive effect on risk factors associated with type 2 diabetes. After eating 2 eggs a day for 3 months, a group of adults with diabetes lost weight, body fat and inches from their waistline.<sup>4</sup>
- A higher protein diet can help people feel full and maintain a healthy weight. In one weight loss study, people with type 2 diabetes reported feeling less hungry after eating 2 eggs at breakfast.<sup>3</sup>

Eggs fit perfectly into a diabetic diet offering a good or excellent source of eight essential nutrients, including 6 grams of protein and the carotenoids lutein and zeaxanthin (252 mcg/large egg). Research shows that people with diabetes can consume eggs as part of an overall healthy diet without negatively impacting heart disease risk factors.<sup>2,3</sup>

## **REFERENCES:**

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