

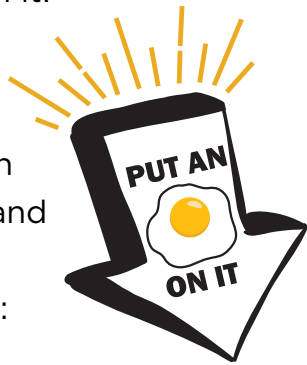
# EGG-CELLENT NEWS FOR HISPANICS WITH TYPE 2 DIABETES

Diet and exercise play an important role in the prevention and management of type 2 diabetes.

Various health organizations agree that eggs can be part of a healthy diet for those with type 2 diabetes.

## What about the cholesterol?

Focus on eating an overall healthy diet instead. Eggs now have the OK, so put an egg on it!



Get inspired with these delicious and easy ways to **#PutAnEggOnIt:**



Huevos Divorciados



Chilaquiles

Diabetes affects nearly 30 million Americans, and Hispanics, in particular, are at an increased risk of developing this serious disease. More than 50% of Hispanic men, women and children are expected to develop type 2 diabetes over their lifetime.

## WHY EGGS?

**No Added Sugar:** Eggs contain no added sugar or carbohydrates, thus not impacting blood glucose levels



**High-Quality Protein:** Each large egg contains 6 grams of high-quality protein, which can help you feel fuller longer



**Nutrient-Packed:** One large egg contains varying amounts of 13 essential vitamins and minerals all for 70 calories - a good nutrition bang for your caloric buck.



**Power Snack:** Eggs are portion-controlled, protein packed - and great for on the go!



**Affordable:** At around \$0.15 each, eggs are one of the least expensive sources of high-quality protein per serving.



For other delicious and nutritious recipe ideas, visit [IncredibleEgg.org](http://IncredibleEgg.org) and join the conversation on **@IncredibleEggs** or **@EggNutrition** with **#PutAnEggOnIt**

### References:

<sup>1</sup> American Diabetes Association. Statistics About Diabetes. <http://www.diabetes.org/diabetes-basics/statistics/>

<sup>2</sup> Centers for Disease Control and Prevention. Hispanic Health: Preventing Type 2 Diabetes. <http://www.cdc.gov/features/hispanichealth/>

<sup>3</sup> Joslin Diabetes Center. Latino Diabetes Initiative. <http://www.joslin.org/joslin-latino-diabetes-initiative.html>



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