

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

EGG FACTS



What do you know about eggs?

Eggs and You

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.

Sell-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.

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.



Oregon Cascades West

**Dining Centers & Days of Service
Call for Lunch Reservations**

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.

LINN COUNTY

Albany Senior Center
Monday-Friday (541) 967-7647

Brownsville Christian Church
Tues & Thurs (541) 466-5015

Lebanon Senior Center
Monday-Friday (541) 451-1139

Mill City, First Presbyterian
Tues & Thurs (503) 897-2204

Sweet Home Community Center
Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

The Corvallis Elks
Monday-Friday (541) 223-1005

LINCOLN COUNTY

Lincoln City Community Center
Mon., Wed., Fri (541) 994-7731

Newport Senior Center
Mon., Wed., Fri (541) 574-0669

Siletz, Tribal Community Center
Mon & Wed (541) 270-6853

Toledo, Trinity United Methodist
Friday (541) 270-7416

Waldport, South County SR. CTR
Mon., Wed., Fri (541) 563-8796