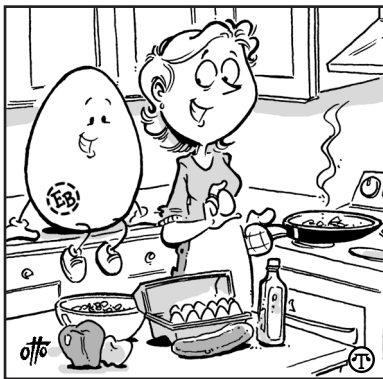


# Pointers For Parents

## Add Functional Foods To Your Grocery List

(NAPSA)—Determining the best foods to feed your family and yourself can feel overwhelming. In addition to monitoring fat and calorie intake, focus on the positive and purchase “functional foods,” which provide added health benefits beyond their basic nutrients when part of a balanced diet. Adding these vital foods to your shopping list is easy and includes meal staples such as Egghland’s Best eggs, which are high in omega-3s and lutein.

The American Dietetic Association (ADA) defines “functional foods” as foods that have a potentially beneficial effect on health when consumed as part of a balanced diet. The ADA recognizes eggs with fatty acids under the category of functional foods, which includes whole foods that can potentially contribute to the reduced risk of disease. With three times more omega-3s, 25 percent more lutein and increased levels of choline and iodine compared to ordinary eggs, Egghland’s Best eggs provide antioxidants that may reduce the risk of disease and boost immunity when part of a nutritious diet. Produced from hens fed a patented, all-natural vegetarian diet, these eggs offer increased nutritional benefits and may help to reduce the risk of macular degeneration and cardiovascular disease plus promote brain function when part



**Functional foods such as eggs provide added health benefits beyond their basic nutrients.**

of a balanced diet.

Add these additional functional foods on your next grocery list:

- Egghland’s Best eggs
- Fruits such as apples and oranges
- Vegetables such as carrots and leafy greens
- Grains with added fiber or folic acid
- Soy, which can be easily found in milk and dairy products.

Try Egghland’s Best eggs in this delicious dish:

### **Functional Food Frittata**

*Serving Size: 2-4*

*Cook Time: 5-7 Minutes*

### **Ingredients:**

- 1½ cups sliced zucchini**
- 1 cup fresh corn kernels or**

- 1 8-ounce can whole kernel corn, well-drained**
- 1 box frozen spinach**
- ½ cup chopped sweet red peppers**
- ¼ cup chopped onion**
- ¼ teaspoon crushed pepper**
- ½ teaspoon Italian Seasoning**
- 1 tablespoon water**
- 4 Egghland’s Best eggs**
- ¼ cup skim milk**
- ¼ cup low-fat shredded cheddar cheese**
- 1 tablespoon extra-virgin olive oil**

### **Preparation Method:**

**Microwave frozen spinach and drain to remove moisture.**

**Pour olive oil onto hot pan to prevent eggs from sticking. In 10-inch nonstick skillet, combine vegetables, Italian seasoning, pepper and water.**

**Cover and cook over medium heat, stirring occasionally, until crisp.**

**Thoroughly blend eggs and milk. Pour over vegetables.**

**Cook over low heat until eggs are almost set.**

**Sprinkle with cheese.**

**Broil about 6 inches from heat until cheese is melted.**

**Cut into wedges and serve from pan or slide from pan onto serving platter.**

For more information and recipes, visit [www.egghland.com](http://www.egghland.com).