



Get Fit. **Life Tip.** Incredible egg

Eggs are a nutrient-dense food that is great addition to a healthy lifestyle. Eggs are good anytime of day, breakfast, lunch, dinner or a late night snack without the additional pounds. A lot of people neglect the yolk but they aren't as bad as people make them out be in moderation. They may be high in cholesterol but they are nutrient rich in many things that are good for you and they taste good too!

The egg yolk

- Vitamin A, D and E
- Choline, thiamin, folate, phosphorus, iron and zinc
- Contains more than ½ the protein of the egg
- Contains 100% of the fat
 - 61% is poly- and mono- unsaturated fat

The egg white

- Riboflavin, sodium, potassium and magnesium
- Choline, thiamin, folate, phosphorus, iron and zinc
- A little less than ½ the protein of the egg



Combined the egg white and egg yolk have:

- 7 grams of protein
- 13 essential nutrients
- Less than 1 gram of carbohydrates
- 5 grams of fat (only 1.5 saturated fat)

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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