

Mayo Clinic Minute
An inside look at eggs

VIDEO	AUDIO
	<i>Sounds of eggs being boiled</i>
	Easter eggs are good fun ...
Child	"Oh!"
	... and they're good for you too.
Katherine Zeratsky	"A hard-boiled egg in and of itself is a very nutritious food."
Graphic: Inside an egg: Vitamins Iron Amino acids Antioxidants	Mayo Clinic dietitian Katherine Zeratsky says, under the colorful shells, these eggs pack vitamins, iron, amino acids, antioxidants and ...
Katherine Zeratsky	"... eggs are an excellent source of protein."
Graphic: Inside an egg: Cholesterol Saturated Fat	Despite the pluses, eggs do contain cholesterol and saturated fat, so people who have diabetes or a history of heart disease should limit themselves to three or fewer eggs per week.
Title: Katherine Zeratsky Dietitian Mayo Clinic	"Your risk may be a little bit higher in terms of preventing future heart problems."
	<i>Sounds of a family coloring eggs</i>
	If you're healthy, Zeratsky says it's fine to peel into an average of one egg a day.
	"That, alone, as a snack, or put that on top of a salad, it's a great way to use up your eggs after you've boiled them for Easter."
	For the Mayo Clinic News Network, I'm Jeff Olsen.