

14 things that happen to your body when you eat eggs

Eggs might just be the easiest, cheapest and most versatile way to up your protein intake. Beyond easily upping your daily protein count—each 85-calorie egg packs a solid 7 grams of the muscle-builder—eggs also improve your health. They're loaded with amino acids, antioxidants, and healthy fats. Don't just reach for the whites, though; the yolks boast a fat-fighting nutrient called choline, so opting for whole eggs can actually help you trim down.

When you're shopping for eggs, pay attention to the labels. You should opt for organic, when possible. These are certified by the USDA and are free from antibiotics, vaccines and hormones. As for color, that's your call. The difference in color just varies based on the type of chicken—they both have the same nutritional value, says Molly Morgan, RD, a board certified sports specialist dietician based in upstate New York. Below, we've rounded up the 14 incredible effects adding the mighty egg to your diet can have on the human body.

1. You'll Boost Your Immune System

If you don't want to play chicken with infections, viruses, and diseases, add an egg or two to your diet daily. Just one large egg contains almost a quarter (22%) of your RDA of selenium, a nutrient that helps support your immune system and regulate thyroid hormones. Kids should eat eggs, especially. If children and adolescents don't get enough selenium, they could develop Keshan disease and Kashin-Beck disease, two conditions that can affect the heart, bones, and joints.

2. You'll Improve Your Cholesterol Profile

There are three ideas about cholesterol that practically everyone knows: 1) High cholesterol is a bad thing; 2) There are good and bad kinds of cholesterol; 3) Eggs contain plenty of it. Doctors are generally most concerned with the ratio of "good" cholesterol (HDL) to bad cholesterol (LDL). One large egg contains 212 mg of cholesterol, but this doesn't mean that eggs will raise the "bad" kind in the blood. The body constantly produces cholesterol on its own, and a large body of evidence indicates that eggs can actually improve your cholesterol profile. How? Eggs seem to raise HDL (good) cholesterol while increasing the size of LDL particles (which are thought to be less dangerous than small particles).



(continued on page 13)



2017-19 President

Steve Owen, CDM, CFPP

150 Wyoming Street

Lander, WY 82520

(H) 208.899.6460

(W) 307.332.6788

stevelanderwyo@gmail.com



SPRING has arrived – and we have set our clocks ahead an hour! We are looking forward to our ANFP Spring Conference in Cheyenne May 2-4. This is one conference you do not want to miss! Continue to DARE TO SOAR in your personal and professional life. Make every day a masterpiece!

1. DATC - 4th Annual Days At The Capitol was a huge success February 26 – 28 in Cheyenne. Our DATC team included Felicia, Toni, Jeanette, Robin, Rhonda & Steve. We held a continental breakfast for legislators and staff and about 40 people dropped in to learn more about ANFP & the role of the CDM. We were also able to interact with legislators in committee meetings & observe the legislature in session.

We were also able to visit 8 Cheyenne skilled nursing facilities & assisted living facilities – and share information about ANFP and invite CDM's and Directors of Foodservice to our Spring Conference this May in Cheyenne. We made some excellent contacts. THANK YOU to Lea Lowe and Keith Fletcher for hosting our Spring Conference Planning Luncheon at Granite Rehabilitation Excellent lunch Keith!

2. SPRING CONFERENCE - May 2, 3 & 4 in Cheyenne at the Radisson Hotel. The Colorado ANFP Chapter will join us. The registration cost is \$55 and the hotel rooms are \$94 per night, which includes breakfast both mornings. The **registration form in this newsletter**.

Our Spring Conference begins Wednesday, May 2 at 6:30 pm with an evening Welcome Reception with Cheyenne City Council President Richard Shanor. We will have Pizza and an open bar.

There will be a continental breakfast from 7-7:45 am both mornings in the Yellowstone Room – the same room we will be meeting in. We are hoping to have Governor Matt Mead present to read and sign a proclamation on Thursday morning, naming May 3 as **“Certified Dietary Manager Day”** in Wyoming.

Thursday sessions will begin at 8 am and finish at 2 pm... with a 2 pm reception for recent, current and potential CDM students. Dinner will be on your own.

Friday sessions begin at 8 am and finish at 12 noon. We will finish up with a Vendor Fair from 12 – 2 pm – and you will be able to enjoy a Sandwich Bar lunch during the Vendor Fair.

Special guest presenters include:

- **JULIE ZIKMUND** – Manager of the Nutrition & Foodservice Professional Training Program with the University of North Dakota.

- **OMAR HUMES** - President of the North Carolina ANFP Chapter and member of the National ANFP Board of Directors
- **PENNY FLETCHER** – PHR, SHRM-CP - the President of the Cheyenne Chapter of the Society for Human Resource Management (SHRM)

3. **ACE – ANFP Annual Conference & Expo** Orlando June 1-4, 2018. Let us know if you are interested in attending so we can coordinate travel, hotels, etc.

4. **FALL CONFERENCE** will be in Casper at the Ramkota Hotel - September 19-21. Share any suggestions for topics or presenters with Toni – President Elect at tskaggs@mhccwyo.org



April 4, 5, 2018 Spring Regional, Lexington, KY

April/May 2018 Wyoming ANFP Spring Conference, Cheyenne, Wyoming

June 1-4, 2018 ... ANFP Annual Conference & Expo, Orlando, Florida



Wyoming ANFP is on-line and on Facebook. Be sure to visit the Wyoming ANFP website at: www.ANFPonline.org for the National ANFP website.



- 5th – Renee Smith
- 10th – Lois Jevne
- 18th – Mackayleigh Shultz

Happy Birthday to All!

Mission: Position the Certified Dietary Manager as the expert in foodservice management and food safety.

Vision: The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.



Our FoodService Rewards points total stands at 23,883 points. e-mail codes and expiration date may be sent to **Robin Hilbird** at: rhilbird@mhccwyo.org



Hot Springs County Memorial Hospital is looking for a Director of Food and Nutrition. Contact Human Resources Director, Patti Jeunehomme at: patti.jeunehomme@mail.hscmh.org

The graphic is for the ANFP Wyoming Membership. At the top, the word 'MEMBERSHIP' is written in large, bold, black capital letters. Below it is a silhouette of a group of people holding hands in a circle, set against a blue background. In the center, the word 'WELCOME' is written in large, bold, black capital letters, with 'to the new' written in a smaller, italicized font below it. At the bottom, the ANFP logo (a silhouette of a cowboy on a horse) is on the left, followed by 'ANFP | WYOMING' in large, bold, black capital letters. Below that, the full name 'Association of Nutrition & Foodservice Professionals' is written in a smaller font. The entire graphic is enclosed in a yellow border.

As of March 26, 2018, the Wyoming ANFP is 71 members strong; 60 Certified Professional members, 11 Professional non-certified members. Please contact our **Membership Leader, Stephanie Young** (syoung@primroseretirement.com) or any officer, if you know of a new member or student, so we know who they are and how to keep them informed about events taking place in the Wyoming ANFP.



National
Director-at-Large
Felicia Smith, CDM, CFPP
10 1st Street
Orin, Wyoming, 82633
(C) 307.351.4474
(W) 307.358.1412
fsmith@mhccwvo.org



Greetings Wyoming ANFP Family,

I hope winter has treated you well and you are ready for Spring!! I know I am! A few of my team members and I attended the ANFP Regional Meeting in Dallas. It was great! They had a great variety of topics on leadership, food safety (especially different training options), nutrition and a lot of information on the CMS regulations and how they impact us as CDMs. We also partnered with Dietetics in Health Care Communities, a practice group of AND (Association of Nutrition and Dietetics). We had a few joint sessions and then separate sessions for our members. I highly recommend attending a regional meeting if you have the opportunity. They are very informative and often have access to a larger variety of topics than we do at the state level. I look forward to seeing all of you at our Spring Conference in May in Cheyenne.

Have a great Spring!





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Wyoming
ANFP | Association of
Nutrition & Foodservice
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*for their dedication to the
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Comply with the FDA Food Code and CMS.

— Pasteurized shell eggs are not a PHF (TCS). —

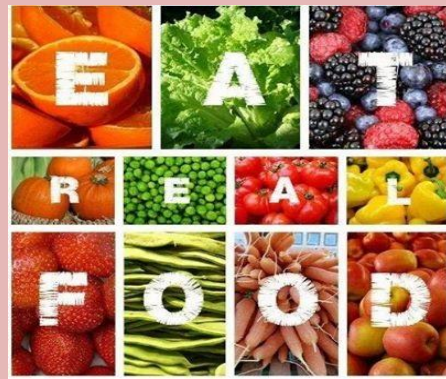


Visit SafeEggs.com/foodservice for safe egg recipes, the FDA Food Code Compliance Kit, culture change resources, free inservice tools, and free CE!

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Newsletter Editor
Bruce Link, CDM, CFPP
 (C) 307.620.2562
fssolutions13@live.com



Hunger Week is April 9 – 13. This is a good time to run a food drive at your facility or in your community. It is the week after Easter this year and people are in a giving spirit. Help to fill the shelves of your local food pantry or collect money to donate to the food pantry so they can buy the products they need. Or you can do both. Pull your staff together and open your hearts. It will be greatly appreciated and is a great marketing tool for your facility!

Be sure to send me your photos from your events to include in the newsletter. Please include a short description. Deadline for the May newsletter is April 20th.

Until next month...

“Live Long...and Prosper!”

Robin Hilbird-Bardgett
CDM, CFPP
State Treasurer

PO Box 1448

Douglas, WY 82633

(307)359-1516

rhilbirdbardgett@mhccwyo.org



The Dallas Regional Meeting was great! We were able to take a couple of people from our café' and it seems they did enjoy it and get a lot of relevant information.



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To market and deliver great products to our customers with exceptional service.



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Bringing the highest quality of products to more people grown specifically for Sysco in the United States.

Check out our Sysco Healthcare web site at www.sysco.com/health

In the month of May we celebrate these special occasions:

National Asparagus Month

National Barbeque Month

National Chocolate Custard Month

National Egg Month

National Hamburger Month

National Salad Month

National Salsa Month

National Strawberry Month

1st Week of May – National Raisin Week

2nd Week of May – National Hamburger Week

3rd Week of May – International Pickle Week

4th Week of May – National Frozen Yogurt Week

Memorial Day Monday – National Barbeque Day

Memorial Day Monday – National Hamburger/Cheeseburger Day

1st – National Chocolate Parfait Day

2nd – National Truffles Day

3rd – National Raspberry Tart Day

4th – National Orange Juice Day; National Candied Orange Peel Day

5th – National Chocolate Custard Day; National Hoagie Day; Cinco de Mayo Recipes; Oyster Day

6th – National Crepes Suzette Day

7th – National Roast Leg of Lamb Day

8th – National Empanada Day

9th – National Butterscotch Brownie Day

10th – National Shrimp Day

11th – Eat What You Want Day

12th – National Nutty Fudge Day

13th – National Fruit Cocktail Day

14th – National Buttermilk Biscuit Day

15th – National Chocolate Chip Day

16th – National Coquilles St. Jacques Day

17th – National Cherry Cobbler Day

18th – National Cheese Souffle Day

19th – National Devil's Food Cake Day

20th – National Quiche Lorraine Day; Pick Strawberries Day

21st – National Strawberries and Cream Day

22nd – National Vanilla Pudding Day

23rd – National Taffy Day

24th – National Escargot Day

25th – National Wine Day

26th – National Blueberry Cheesecake Day; National Cherry Dessert Day

27th – National Grape Popsicle Day

28th – National Brisket Day

29th – National Coq Au Vin Day

30th – National Mint Julep Day

31st – National Macaroon Day



CHEYENNE 2018

ANFP Spring Conference May 2,3,4, 2018 Radisson Hotel - Cheyenne, Wyoming

Colorado and Nebraska ANFP members will join Wyoming ANFP for their Spring Conference May 2-4, 2018 in Cheyenne, WY... where I-80 and I-25 meet. Contact your state ANFP Chapter President for more details.

Steve Owen Mrs. Danielle BehrmanMrs. Catherine Huckaby
Wyoming ANFP President Colorado ANFP PresidentNebraska ANFP President
stevlanderwoyo@gmail.com bad1976@msn.com mrschuckaby76@gmail.com

Conference Schedule

Wednesday, May 2, 2018

2-6 pmregistration in lobby+
6:30 pmPresident's Reception

Thursday, May 3, 2018

7 – 7:45 ambreakfast
7:45 amWelcome & Announcements
8:00 – 12:00Educational Sessions
12 – 1:00 pmChapter Membership Meeting
1 – 3 pmEducational Sessions
afternoonStudent Reception with
Julie Zikmund – UND
eveningdinner on own

Friday, May 4, 2018

7 – 7:45 am breakfast

7:45 am Welcome & Announcements

8:00 – 12:00 Educational Sessions

12 – 1:30 pm Food Show – tentative
and lunch

2– 3 pm Final Educational Session

SPEAKERS CONFIRMED

Julie Zikmund, MPH, RD

Manager of the Nutrition & Foodservice Professional Training Program – University of North Dakota (UND)

Penny Fletcher, PHR, CHRM-CP

Cheyenne, WY SHRM President

2 sessions on Human Resource issues

Omar Humes, CDM, CFPP

President ANFP North Carolina Chapter

Member – ANFP National Board of Directors

Colorado and Nebraska ANFP Chapters will present at least one workshop presentation each during our conference.

CONFERENCE HOTEL INFORMATION

Hotel room cost: \$94 per night

mention ANFP conference for this pricing

breakfast is included both days in hotel charge

Radisson Hotel Cheyenne

204 W Fox Farm Rd

Cheyenne WY 82007

Hotel [307-638-4466](tel:307-638-4466) | Fax [307-433-9161](tel:307-433-9161)

www.radisson.com/cheyennewy

CONFERENCE FEE

Conference fee is \$55 per person.

Registration form available March 1, 2018 through chapter presidents. Wyoming members will receive email with registration form by March 1st.

CONFERENCE THEME

**"Soaring To
New Heights"**



CERTIFIED DIETARY MANAGERSto gather in Cheyenne, Wyoming for educational training and networking...

“Soaring To New Heights”
Wyoming ANFP Spring Conference 2018
May 2-4, 2018

Radisson Hotel – Cheyenne, WY
204 Fox Farm Rd. – off I-80 307-638-4466
reserve your hotel room direct - \$94 per night – includes free continental breakfast

Registration Form - - Please complete one form for each registrant

Circle one: <u>ANFP Members</u>	<u>Non-Members</u>
\$ 55.00 Before April 15, 2018	\$ 65.00
	<u>At the Door</u>
\$ 65.00	\$ 75.00
Students: Free Registration	

Name:(Please Print Clearly) _____

Facility Name: _____

Title: _____ **ANFP Number:** _____

e-mail Address: _____

Make Checks Payable to:
Wyoming ANFP

Wyoming ANFP Spring Conference
Cheyenne, Wyoming
May 2-4, 2018

Mail Registrations to:
Robin Hilbird-Bardgett, CDM,CFPP
Memorial Hospital of Converse County
111 South 5th Street
Douglas, WY 82633

Registration:	\$.
Total	\$.

Registrants Signature: _____

3. You'll Reduce Your Risk of Heart Disease

Not only have eggs been found to not increase risk of coronary heart disease, but they might actually decrease your risk. LDL cholesterol became known as “bad” cholesterol because LDL particles transport their fat molecules into artery walls, and drive atherosclerosis: basically, the gumming up of the arteries. (HDL particles, by contrast, can remove fat molecules from artery walls.) But not all LDL particles are made equal, and there are various subtypes that differ in size. Bigger is definitely better — many studies have shown that people who have predominantly small, dense LDL particles have a higher risk of heart disease than people who have mostly large LDL particles. Here's the best part: Even if eggs tend to raise LDL cholesterol in some people, studies show that the LDL particles change from small and dense to large, slashing the risk of cardiovascular problems.

4. You'll Have More Get-up-and-go

Just one egg contains about 15% of your RDA of vitamin B2, also called riboflavin. It's just one of eight B vitamins, which all help the body to convert food into fuel, which in turn is used to produce energy. Eggs are just one of the 25 Best Foods for a Toned Body!

5. Your Skin and Hair Will Improve

B-complex vitamins are also necessary for healthy skin, hair, eyes, and liver. (In addition to vitamin B2, eggs are also rich in B5 and B12.) They also help to ensure the proper function of the nervous system. For more foods full of B vitamins, click here for this list of the essential 40 Best Foods for Muscle and Strength!

6. You'll Protect Your Brain

Eggs are brain food. That's largely because of an essential nutrient called choline. It's a component of cell membranes and is required to synthesize acetylcholine: a neurotransmitter. Studies show that a lack of choline has been linked to neurological disorders and decreased cognitive function. Shockingly, more than 90% of Americans eat less than the daily recommended amount of choline, according to a U.S. dietary survey.

7. You'll Save Your Life

Among the lesser-known amazing things the body can do: It can make 11 essential amino acids, which are necessary to sustain life. Thing is, there are 20 essential amino acids that your body needs. Guess where the other 9 can be found? That's right. A lack of those 9 amino acids can lead to muscle wasting, decreased immune response, weakness, fatigue, and changes to the texture of your skin and hair.

8. You'll Have Less Stress and Anxiety

If you're deficient in the 9 amino acids that can be found in an egg, it can have mental effects. A 2004 study published in Proceedings of the National Academy of Sciences described how supplementing a population's diet with lysine significantly reduced anxiety and stress levels, possibly by modulating serotonin in the nervous system.

9. You'll Protect Your Peepers

Two antioxidants found in eggs — lutein and zeaxanthin — have powerful protective effects on the eyes. You won't find them in a carton of Egg Beaters — they only exist in the yolk. The antioxidants significantly reduce the risk of macular degeneration and cataracts, which are among the leading causes of vision impairment and blindness in the elderly. In a study published in the American Journal of Clinical Nutrition, participants who ate 1.3 egg yolks per day for four-and-a-half weeks saw increased blood levels of zeaxanthin by 114-142% and lutein by 28-50%!

10. You'll Improve Your Bones and Teeth

Eggs are one of the few natural sources of Vitamin D, which is important for the health and strength of bones and teeth. It does this primarily by aiding the absorption of calcium. (Calcium, incidentally, is important for a healthy heart, colon and metabolism.) For more easy metabolism-boosting tips, check out these 55 Best Ways to Boost Your Metabolism!

11. You'll Feel Fuller and Eat Less

Eggs are such a good source of quality protein that all other sources of protein are measured against them. (Eggs get a perfect score of 100.) Many studies have demonstrated the effect of high-protein foods on appetite. Simply put, they take the edge off. You might not be surprised to learn that eggs score high on a scale called the Satiety Index: a measure of how much foods contribute to the feeling of fullness.

12. You'll Protect Your Liver

B-vitamins aren't the only ovular micronutrients that contribute to eggs' beneficial effects on liver health. Eggs are also rich in the nutrient choline. (One large egg contains between 117 and 147 milligrams of the nutrient, depending on your cooking method of choice). A recent review explained that choline deficiency is linked to the accumulation of hepatic lipid, which can cause non-alcoholic fatty liver disease. Luckily, a Journal of Nutrition study found that a higher dietary choline intake may be associated with a lower risk of non-alcoholic fatty liver in women.

13. You'll Lower Risk of Type 2 Diabetes

Another side effect of choline deficiency and the subsequent accumulation of hepatic lipid is an increase in your risk of insulin resistance and type 2 diabetes.

14. You'll Lower Inflammation

Eggs are a major source of dietary phospholipids: bioactive compounds which studies show have widespread effects on inflammation. A recent review published in the journal Nutrients connected dietary intake of egg phospholipids and choline with a reduction in countless biomarkers of inflammation. Lowering inflammation has widespread health benefits that range from lowering risk of cardiovascular disease to improving the body's ability to break down fat. If you're looking to lower inflammation, look no further than adding these 30 Anti-Inflammatory Foods to your diet.

Easter

L	P	G	S	B	A	A	N	Y	S	O	F	R	A
R	P	T	R	N	P	L	Y	A	H	O	D	U	E
H	O	Y	N	L	P	O	N	D	H	C	N	R	A
C	E	D	T	U	D	Y	N	N	L	C	I	A	S
R	Y	N	E	A	H	I	U	U	E	H	F	Y	T
A	H	A	B	I	O	Y	B	S	N	O	G	E	E
M	S	C	S	C	S	G	C	T	A	C	Y	C	R
U	D	M	B	A	E	N	N	C	C	O	N	E	M
A	I	I	C	U	H	I	E	I	G	L	H	A	S
R	A	B	B	I	T	R	O	O	Y	A	O	R	C
F	S	T	T	E	T	P	R	I	B	T	A	H	E
N	A	U	H	O	A	S	S	G	G	E	A	O	D
H	O	L	I	D	A	Y	C	T	S	T	E	P	I
R	L	N	D	M	B	A	S	K	E	T	P	E	Y

RABBIT
MARCH
SPRING
CANDY
SUNDAY
CHOCOLATE
EGGS
FIND
HUNT
HOLIDAY
BUNNY
BASKET
HOP
EASTER

Play this puzzle online at : <http://thewordsearch.com/puzzle/261/>

