

EGGS are the Perfect partner for **HEALTHY EATING** on easter

The average American eats 279 eggs a year, many of which are consumed on the ultimate egg holiday- Easter! However, eggs' role goes beyond the Easter basket. With 6 grams of protein per large egg, they keep you feeling full, which can help minimize overindulging.

At a time when consumers are looking to buy more eggs, many are confused by the options in the egg case. From a nutrition perspective, the content of eggs is similar regardless of color (white or brown), grade (AA, A or B), or how they are raised (organic, free-range and conventional). While eggs are a natural nutrition powerhouse, feeding laying hens a diet enriched in specific nutrients like vitamin D

or omega 3 can enhance that nutrient in eggs. Due to higher production costs, such specialty eggs are usually more expensive than generic shell eggs.

O- KEY MESSAGES

- Start decorating and eating hard-boiled eggs quicker with the Incredible Egg's new Easy-Peel recipe.
- Hard-boiled eggs can last up to one week in the refrigerator, unpeeled, and make for an easy weekday snack or salad topper.
- Make time for healthy eating around the Easter holiday. Choose nutrient-dense foods, like eggs, to keep you feeling energized and full.





EASTER EGGS





Eggs in a Basket

Download recipe @ IncredibleEgg.org/EasterRecipes

Spread the Word

TO USE YOUR LEFTOVER EASTER
EGGS? Put a stick in it! EggPops are a
party favorite that will impress your guests
or a fun snack for children at school. Choose
carrot or celery sticks for added color and
nutrients. EggNutritionCenter.org/EggPops

EASTER DIET TIP: Eat a protein snack, like hard-boiled eggs, to help prevent overeating Easter basket goodies!

EggNutritionCenter.org/EasterDietTip

OUT WITH THE DAYS OF PASTEL HUES AND PLASTIC WRAPPERS.

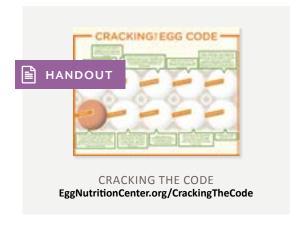
Now it is all about the etched, sparkled and polka-dotted eggs! EggNutritionCenter.org/

THESE EGG NUTRITION
CENTER RESOURCES FOR
MORE *Delicious* TIPS AND
NEWS ABOUT EASTER.



EASTER EGGS: DID YOU KNOW? EggNutritionCenter.org/ EasterEggsDidYouKnow







Access the references list at ${\bf EggNutritionCenter.org/ToolkitCitations}$