EGGS CONTAIN NUTRIENTS THAT ARE IMPORTANT FOR HEALTH

EYE
Lutein and zeaxanthin are antioxidants found in egg yolks that can promote eye health as you age.

MUSCLE
Eating 20-30 grams of protein, from foods like eggs, promotes muscle recovery following exercise.

STOMACH
Eating eggs at breakfast can keep one energized until lunch without the annoying hunger pangs.

BRAIN
One large egg is an excellent source of choline - an essential nutrient critical for fetal brain development and brain function.

HEART
Research suggests eggs can be part of a heart-healthy diet.

EATING EGGS MAY ALSO BE ASSOCIATED WITH IMPROVED COGNITIVE PERFORMANCE IN ADULTS.¹

BONE
Eggs are one of the only foods that naturally contain vitamin D (41 IU), a nutrient critical for bone health.

BLOOD
Research studies have shown dietary cholesterol (say, from eggs) does not negatively impact blood cholesterol.

IN FACT, EATING EGGS MAY INCREASE HDL “GOOD” CHOLESTEROL.³

Sources

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Protein Packed: 6g high-quality protein per large egg
Nutrient-Dense: One egg has varying amounts of 14 essential nutrients including choline and vitamin D
Portion Controlled: Each nutrient-rich large egg has 70 calories

For more research & egg nutrition information visit www.eggnutritioncenter.org