Eggs Across the Lifespan

Pregnancy
Choline is important during pregnancy to support normal fetal growth and brain development.

Infant/Toddler Feeding
Eggs are a nutrient-dense option for infants and toddlers. Plus, one large egg provides a 2-3 year old with almost half of their daily protein needs.

Aging
Lutein and zeaxanthin may reduce the risk of developing cataracts and slow the progression of age-related macular degeneration.

Eggs for EveryBODY

All Natural
Choline
Affordable & Versatile
Varying Amounts of 13 Essential Vitamins & Minerals
Portion Controlled
High Quality Protein
Antioxidants: Lutein & Zeaxanthin

All for 70 calories in a large egg!

Protein & Physical Performance

HIGH-QUALITY PROTEINS are easily digested and contain all of the ESSENTIAL AMINO ACIDS to BUILD MUSCLE.

20-30 grams of protein at meals can PROMOTE MUSCLE PROTEIN SYNTHESIS.

Eating high-quality protein with carbs post-workout can help BUILD MUSCLES and OPTIMIZE RECOVERY.