

EGGS CONTAIN NUTRIENTS THAT ARE IMPORTANT FOR HEALTH

EYE

Lutein and zeaxanthin are antioxidants found in egg yolks.

MUSCLE

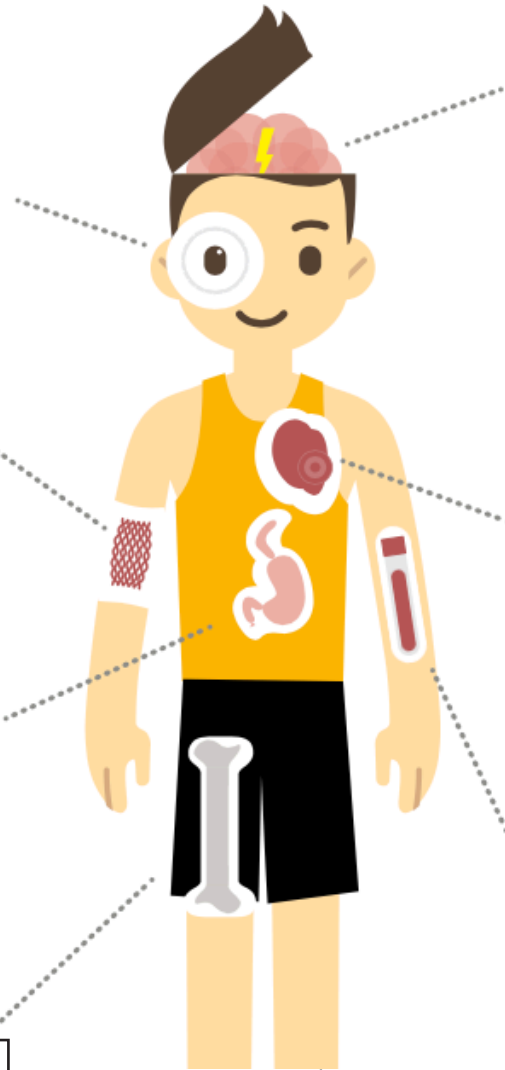
Eating 20-30 grams of protein, from foods like eggs, promotes recovery following exercise.

STOMACH

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

BONE

Eggs are one of the only foods that naturally contain vitamin D.



BRAIN

One large egg is an excellent source of choline. Eating eggs may be associated with improved cognitive performance in adults.

HEART

Eating eggs may reduce the risk of stroke by 12 percent.

BLOOD

Research studies have shown dietary cholesterol (say, from eggs) does not negatively impact cholesterol. In fact, eating eggs may increase "good" cholesterol.

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

