

14%
LESS
CHOLESTEROL



Eggs have 14 percent less cholesterol than before, according to USDA data, down from 215 mg to 185 mg.

64%
MORE
VITAMIN

D

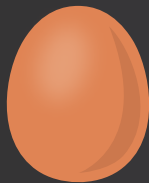
Eggs are nutrient rich, containing 64 percent more vitamin D than before, and making them one of the few foods that naturally contain vitamin D.

50%
PROTEIN



Don't skip the yolk. Nearly 50 percent of the protein and most of the vitamins and minerals are in the yolk.

70
CALORIES



A single egg contains 70 calories and supplies 13 percent of the Daily Reference Value (DRV) for protein, providing mind and body energy for big days.

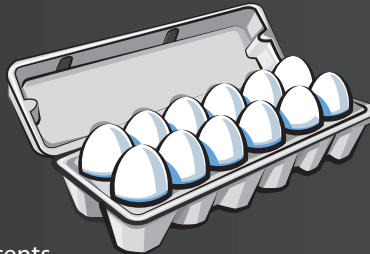


As Easy as 1-2-3: **WAKE UP TO EGGS** for Back-to-School Breakfasts

There are many misconceptions about eggs, but the truth is, eggs are a nutrient-rich, convenient and affordable breakfast for kids heading back to school. Wake up to the reality of eggs and egg-ucate yourself with these interesting facts!

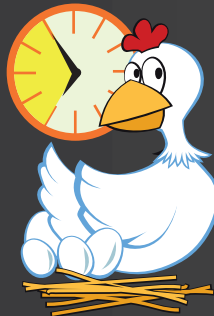
15¢
AN EGG

At an average of 15 cents a piece and less than \$1.80 for a dozen, eggs are one of the most affordable protein sources.



90
SECONDS

It only takes 90 seconds to make a microwave scramble – an easy, quick way to wake up to eggs!



7-11 a.m.

Hens are busy ladies in the morning. Most eggs are laid between 7 a.m. and 11 a.m.

