CARDIO-METABOLIC HEALTH
More than 40 years of research indicates healthy adults can enjoy eggs without significantly impacting their risk of cardiovascular and metabolic diseases, including type 2 diabetes.

COGNITION
Two important nutrients found in eggs—choline and lutein—are tied to brain health and academic performance.

PHYSICAL PERFORMANCE
The high-quality protein in eggs is essential for building and maintaining muscle tissue and directly influences, muscle mass, strength and function across all age groups.

NUTRITIONAL DIETARY PATTERNS
Eggs fit into the healthy eating patterns recommended by public health organizations.

EGG ALLERGIES
Although eggs are a common food allergy in children, research suggests most outgrow it by late childhood.

WEIGHT MANAGEMENT & SATIETY
Research suggests eating high-quality dietary protein, like eggs, can reduce hunger; facilitate weight loss; help weight maintenance.

NUTRIENTS IN EGGS
One large egg contains six grams of high-quality protein plus varying amounts of 13 essential vitamins and minerals, including vitamin D, riboflavin, selenium, choline and lutein.

EGGS ACROSS THE LIFESPAN
Essential nutrients in eggs can support a healthy pregnancy, growth & development of children, promote satiety & weight management throughout adulthood, and muscle mass and function during aging.

For more egg nutrition info, visit EggNutritionCenter.org