



A DOZEN WAYS  
*to* BECOME *an*  
EGGSPERT!

# ① EGG NUTRITION

Eggs are a naturally nutrient rich choice providing a good or excellent source of eight essential nutrients, including choline plus the carotenoids lutein and zeaxanthin, all for 70 calories in a large egg. **Eggs are one of the only foods that NATURALLY HAS VITAMIN D\*** (1mcg per large egg), which along with calcium, is critical for building strong bones.

# ② COGNITION

Eggs contain important nutrients for brain health, including choline and lutein (about 150mg of choline and 252mcg lutein and zeaxanthin per large egg). **Choline is critical for brain development during pregnancy and infancy. However, more than 90% of Americans (including approximately 90% of pregnant women) don't get enough of this essential nutrient and it's not found in high quantities in many foods.**<sup>1</sup>

**FORTUNATELY, EGGS ARE AN EXCELLENT SOURCE OF CHOLINE. Two large eggs supply more than half of the recommended intake for pregnant women and can help them meet their needs.** Lutein has long been associated with eye health but research has discovered lutein may also play an important role in cognition as well. Similar to how lutein accumulates in the eye, it's also present in the brain and has been positively associated with cognitive function in older adults and academic performance in children.

\* Eggspert note: Due to the upcoming increase to the RDI for vitamin D in January 2020, the amount of vitamin D found in eggs will be 6% of the DV and therefore will no longer qualify for the good source claim.



## ③ ALLERGIES

Feeding common food allergens, such as eggs, when a baby is developmentally ready (between 4-6 months) may actually **REDUCE THE CHANCES OF DEVELOPING AN ALLERGY** to that food.

## ④ EGGONOMICS

Eggs are one of the **LEAST EXPENSIVE** sources of high-quality protein, around 15 cents per large egg.<sup>2</sup>

# ⑤ EGGS FIT INTO HEALTHY EATING PATTERNS, INCLUDING A *plant-forward* DIET

**EGGS ARE INCLUDED** in all healthy eating patterns recommended in the 2015-2020 Dietary Guidelines for Americans.

Eggs are also the perfect complementary food for a plant-forward eating pattern as they are a carrier for under consumed vegetables. In fact, eggs can help you absorb the nutrients found in plant foods such as vitamin E and carotenoids. Plus, pairing plant foods with high-quality protein foods – like eggs – can help meet daily protein needs to support healthy muscles and strong bones and help achieve optimal vitamin and mineral intake.

Eggs contribute to sustainable diet patterns because they are nutrient-rich, affordable, culturally acceptable, and sparing of natural resources:

## KEY TAKEAWAYS

- Those with concerns about the environment will be happy to know that although egg production in the United States has increased, **total environmental footprint has decreased**.
- Budget savvy people will find that **eggs are the most affordable source of high-quality protein**, at about 15 cents per large egg.
- Health conscious shoppers who are selective about which animal proteins to include, will appreciate the **unique nutrition package contained in eggs**.



## ⑥ EYE HEALTH

**LUTEIN** *and* **ZEAXANTHIN** are carotenoids found in egg yolks that can help protect eyes from blue light. Lutein has long been associated with eye health and can help reduce the risk of cataracts and slow the progression of age-related macular degeneration.

## ⑦ DIABETES

Research shows that people with diabetes **CAN EAT EGGS** as part of an overall healthy diet without negatively impacting heart disease risk factors.<sup>3</sup> Eggs have little or no effect on blood glucose levels, but may contribute to satiety and possibly have a beneficial effect on weight, body fat, and waist circumference for people with type 2 diabetes.

## ⑧ HEART HEALTH

Scientific evidence demonstrates that eggs, when consumed as part of a healthy diet, **DO NOT NEGATIVELY IMPACT** risk factors for heart disease.<sup>4</sup> In fact, a recent study shows that eating 1-3 eggs per day resulted in increased HDL (“good”) cholesterol, decreased blood pressure, and did not change LDL (“bad”) cholesterol levels.<sup>5</sup>

## ⑨ CHOLESTEROL

The 2015 Dietary Guidelines for Americans **DO NOT LIST CHOLESTEROL AS A NUTRIENT OF CONCERN**. Government and other public health organizations have removed dietary cholesterol limits and include eggs in recommended healthy eating patterns.



# 10 WEIGHT MANAGEMENT

Eating protein-based foods, such as eggs, helps boost feelings of fullness. **Research shows eating eggs for breakfast compared to eating a bagel breakfast helped overweight dieters LOSE MORE WEIGHT *and* FEEL MORE ENERGETIC.**<sup>6</sup>

# 11 PROTEIN

One large egg has 6 grams of high-quality protein (12% of the recommended Daily Value (DV)) and all 9 essential amino acids. Nearly half of the egg's protein is in the yolk, so eat the whole egg for all of the protein. **Eating high-quality protein, like eggs, in combination with carbohydrates post-workout can help REFUEL MUSCLES *and* OPTIMIZE RECOVERY.**

# 12 EGGS *are* VERSATILE & CONVENIENT!

Eggs can be enjoyed throughout the day! While eggs are traditionally viewed as a go-to breakfast option, they also make great snacks or a delicious protein option in balanced lunches and dinners.

Many egg dishes can be **COOKED AHEAD** and **SERVED THROUGHOUT THE WEEK**, such as egg muffin frittatas, egg casseroles, hard-boiled eggs, and breakfast sandwiches.



## REFERENCES

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6. Vander Wal JS. Egg breakfast enhances weight loss. *Int J Obes.* 2008;32:1545-51

For more on egg nutrition, including shareable handouts, videos, and more, visit **[EggNutritionCenter.org/Materials](https://EggNutritionCenter.org/Materials)**.

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