


# EGGS 101



## COGNITION

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



## 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.




## 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.




## 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.



## NUTRITIOUS 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**.

## 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](http://EggNutritionCenter.org)