Halo a Dozen

Reasons to Serve Eggs in School Meals

1. Protein builds and maintains muscles
2. Choline is important for brain development and memory
3. Antioxidants lutein & zeaxanthin keep our vision intact

EGG NUTRIENTS IN ACTION!

4. Vitamin D helps develop healthy bones
5. B vitamins turn food into energy
6. Iodine helps support a healthy metabolism

Sources:
1. www.eggnutritioncenter.org/topics/physical-performance

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