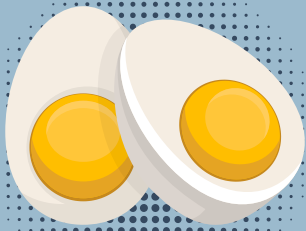




AMERICAN
EGG BOARD

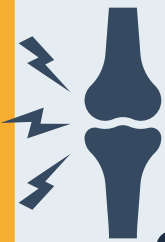


THE NUTRITIONAL POWERHOUSE: Real Eggs vs. Egg Substitutes?



Real eggs are an endlessly versatile nutritional powerhouse, providing a compact, natural source of key nutrients that support lifelong health for your brain and body. Though there are a variety of egg substitutes on the market, none can match the overall nutritional quality of real eggs.

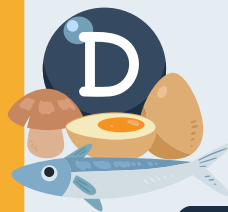
HIGH-QUALITY
PROTEIN



Eggs provide 6 grams (12% DV*) of high-quality protein, delivering all nine essential amino acids. Protein provides energy and supports muscle and bone health.¹

Egg substitutes vary widely in protein type, amount and quality.

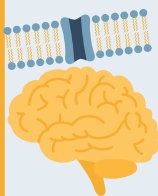
VITAMIN D



Eggs are one of the few natural sources of vitamin D, offering 6% DV per serving. With most Americans not getting enough vitamin D in the diet, eggs help fill this nutritional gap.^{1,2}

Egg substitutes don't mention vitamin D on the label.

CHOLINE



Eggs supply 25% DV of choline per serving, a nutrient vital for many biological processes, including support of cell membrane structure, neurocognitive development and overall brain health. Approximately 90% of Americans don't get enough choline.^{3,4}

Choline in egg substitutes? Nutrition Facts labels say no.

B VITAMINS



Eggs are loaded with B vitamins like B2 (riboflavin - 15% DV), B3 (niacin - 8% DV), B5 (pantothenic acid - 15% DV), B6 (6% DV), B7 (biotin - 35% DV), and B12 (20% DV). These nutrients are crucial for cell health, brain function, and energy.⁵

B-vitamins are absent in the labeling of almost all egg substitute products.

LUTEIN +
ZEAXANTHIN



Eggs provide 252 mcg of bioavailable lutein and zeaxanthin, powerful carotenoids found in the egg yolk, that support eye health.⁶

Egg substitutes lack lutein and zeaxanthin.

SODIUM



With just 70 mg of sodium per serving, **eggs** are naturally low in sodium. Diets low in sodium are important for maintaining healthy blood pressure.⁷

Egg substitutes vary widely in sodium content.

When it comes to nutrition, egg substitutes just don't stack up. Real eggs are a good source of high-quality protein and also offer a variety of vitamins and minerals.



*DV = Daily Value

THE KEY NUTRIENT DIFFERENCE: Real Eggs vs. Substitutes

Eggs are naturally nutrient-rich, offering a good or excellent source of eight essential nutrients. They also provide key nutrients that are especially important during certain life stages and that many Americans typically don't get enough of, such as vitamin D and choline.



EGG'S EIGHT ESSENTIAL NUTRIENTS

(+ MANDATORY LABELED VITAMINS AND MINERALS)

	Nutrients	Real Egg	Egg Substitutes				
			Starch-based ⁹	Mung Bean-based ¹⁰	Gum-based ¹¹	Chickpea-based ¹²	Pea Protein-based ¹³
REQUIRED VITAMINS + MINERALS ON LABEL	Vitamin D	6% DV	0% DV	0% DV	0% DV	0% DV	0% DV
	Calcium	2% DV	0% DV	0% DV	0% DV	0% DV	0% DV
	Iron	4% DV	0% DV	6% DV	0% DV	0% DV	4% DV
	Potassium	0% DV	0% DV	2% DV	0% DV	0% DV	4% DV
EGG'S EIGHT ESSENTIAL NUTRIENTS	Protein	12% DV	0% DV	5% DV	0% DV	0% DV	0% DV
	Riboflavin (B2)	15% DV	N/A	N/A	N/A	N/A	N/A
	Vitamin B12	20% DV	N/A	N/A	N/A	N/A	N/A
	Biotin (B7)	35% DV	N/A	N/A	N/A	N/A	N/A
	Pantothenic Acid (B5)	15% DV	N/A	N/A	N/A	N/A	N/A
	Iodine	20% DV	N/A	N/A	N/A	N/A	N/A
	Selenium	25% DV	N/A	N/A	N/A	N/A	N/A
	Choline	25% DV	N/A	N/A	N/A	N/A	N/A

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. All % DV above shown for 1 large egg or equivalent. Dark yellow notes an excellent nutrient source (>20% DV). Light yellow notes a good nutrient source (>10% DV). N/A means data was not available

A note about cholesterol: While there may still be some consumer confusion around cholesterol, it is important to know that when consumed as part of a healthy dietary pattern, egg consumption does not negatively impact blood cholesterol levels.¹⁴ **So you can feel confident choosing real eggs for your family.**



THE CLEAR NUTRITIONAL WINNER: REAL EGGS

The verdict is in: egg substitutes are no replacement for the vast nutritional benefits of real eggs. When it comes to key nutrients for healthy living, eggs rule the roost.

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