

# BIG NEWS:

For anyone looking to eat healthier



## Eggs Meet FDA's New Healthy Definition!

The U.S. Food and Drug Administration (FDA) has updated its definition for when foods can be labeled as "healthy" to make it simple for everyone to make healthy food choices. The new definition focuses on promoting healthy eating patterns and relies on specific criteria to evaluate foods that help Americans meet nutritional needs. Being recognized as a "healthy" food reaffirms the role of eggs as a go-to quick, healthy and versatile choice for making healthy eating simple for you and your family.

### Check Out a Dozen Reasons to Add Eggs Into Your Daily Meals:

- Eggs are a healthy nutrient-rich whole food
- Eggs are a versatile and convenient to build tasty and healthy meals
- Eggs can help improve the absorption of vitamins and minerals from vegetables
- Eggs have choline that helps support lifelong brain health
- Vitamin D in eggs (6% DV) is critical for building strong bones along with calcium
- Eggs are one of nature's most perfect proteins
- Most of an egg's vitamins and minerals are found in the yolk
- Eggs have high-quality protein that helps maintain muscle and support bone health
- Eggs are in good company with fruits and vegetables on the FDA's Healthy Foods List
- Eggs can be part of a heart-healthy diet for healthy adults, according to the American Heart Association
- Egg yolks have lutein and zeaxanthin that help protect the eyes from blue light
- Eggs fill the tank without breaking the calorie bank

**EGGS ARE HEALTHY**



**EGG  
NUTRITION  
CENTER**

To learn more about the FDA's new Healthy definition, visit: [IncredibleEgg.org/healthy](https://www.incredibleegg.org/healthy)

**References:** U.S. Food and Drug Administration. Food Labeling: Nutrient Content Claims; Definition of Term "Healthy" Final rule. 2024; Available from: U.S. Food and Drug Administration. "Use of the Term 'Healthy' in Food Labeling." USDA, FoodData Central SR Legacy. 2019. #1123, #1124, #1125. Wallace, T.C., et al., Nutr Today, 2018. 53(6): p. 240-253. Johnson, E.J., Nutr Rev, 2014. 72(9): p. 605-12. Kim, J.E., et al., J Nutr, 2016. 146(11): p. 2199-2205. Kim, J.E., et al., Am J Clin Nutr, 2015. 102(1): p. 75- 83. Carson JAS, et al. Circulation, 2020;141(3):e39-e53.