

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 THE MANY REASONS TO **ADD EGGS INTO YOUR DAILY MEALS** BELOW!

Eggs are a
**HEALTHY
NUTRIENT-
RICH**
whole food

Eggs are
**VERSATILE &
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 &
MINERALS ARE
FOUND IN THE
YOLK**

Eggs have high-quality protein
**THAT HELPS
MAINTAIN
MUSCLE &
SUPPORT
BONE
HEALTH**

Eggs are
**IN GOOD
COMPANY WITH
FRUITS
& 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
& zeaxanthin that
**HELP PROTECT
THE EYES**

from blue light

Eggs
**FILL THE
TANK**
without
breaking the
calorie bank



EGG
NUTRITION
CENTER

To learn more about the FDA's new Healthy definition,
visit: 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.

EGGS ARE HEALTHY

