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Living Longer with the Incredible Egg

World's Oldest Woman Credits Eggs for Her Longevity

PARK RIDGE, IL (May 17, 2016) – Could eggs be the secret to longevity? Emma Morano, who has recently been declared the world's oldest living person, thinks so. She's been eating three eggs a day for decades after a doctor suggested it when she was a young woman. Now, at 116, Morano is believed to be the last documented person alive who was born in the 1800s. The American Egg Board congratulates Ms. Morano on her amazing life and we wish her many more years of good health and spirit.

Whether or not eggs may be part of the key to longevity, one fact remains certain. The incredible edible egg offers one of the best nutritional values to be had – especially when it comes to high-quality protein.ⁱ And, with the 2015 Dietary Guidelines for Americans removing the daily cholesterol limits and recommending them in all healthy eating patterns, people can feel good about including them in their diet.ⁱⁱ

Ms. Morano says she eats three raw eggs daily, which the USDA and other experts advise against. But cooked eggs still retain their nutritional value and are incredibly versatile. In fact, it's said that the folds in a chef's hat represents the hundreds of ways to prepare eggs, including hard-boiling them. So, next time you're in the kitchen, hard-boil a dozen eggs using this [new, faster and easy-to-peel method](#) for a nutritious snack or as a topping for fresh vegetables and salads all week long.

For more egg recipe ideas, visit IncredibleEgg.org and check us out on [Facebook page](#), [Twitter](#), [Pinterest](#), [YouTube](#) and [Instagram](#). And, if you're looking for a fun video, watch Kevin Bacon and his brother Michael from the Bacon Brothers band wake unsuspecting people up to the power of eggs in their [original song and video!](#)

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About the American Egg Board (AEB)

Through AEB, U.S. egg producers come together, in accordance with statutory authority, to establish, finance and execute coordinated programs, on research, education and promotion—all geared to drive demand for eggs and egg products. AEB and all program activities are funded by U.S. egg producers, subject to USDA approval. Visit www.IncredibleEgg.org for more information.

ⁱ United States Department of Agriculture. Economic Research Service. Retail data for beef, pork, poultry cuts, eggs, and dairy products. Retrieved on April 15, 2016 from <http://www.aeb.org/farmers-and-marketers/protein-comparison>.

ⁱⁱ U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at: <http://health.gov/dietaryguidelines/2015/guidelines/>.