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Gymnast Shawn Johnson Partners with the American Egg Board (AEB) to Highlight the Nutrition Benefits of Eggs

PARK RIDGE, IL (August 5, 2016) – As the best athletes in the world come together over the coming weeks, AEB has partnered with former gymnastic gold medalist Shawn Johnson to spread the word about the advantages of eating eggs as a competitive athlete.

“I literally can’t start my day without eggs and that’s why I’m excited to partner with America’s egg farmers,” said Johnson, a Des Moines native. “Eggs are packed with high-quality protein and are a nutritional powerhouse – perfect for fueling athletes, like me, and people with active lifestyles.”

Johnson made eggs a part of her morning routine while training for competitions around the world, where she took home several medals, including gold. She also went on to win “Dancing with the Stars” in 2009. Years later, Johnson continues to enjoy eggs for both breakfast and a snack.

Throughout the month of August, Johnson will participate in a series of media interviews on behalf of AEB. She will also share out videos and photos about the protein benefits of the incredible egg on her [Facebook](#), [Twitter](#) and [Instagram](#) platforms, which reach more than two million people.

“Athletes worldwide recognize the importance of protein, especially for breakfast,” said Anne Alonzo, President & CEO of AEB. “We are thrilled to partner with Shawn Johnson, to show how the nutrition package of eggs can help athletes achieve peak performance when they need it most.”

For more ideas on how you too can “go for the gold yolk” and take advantage of its nutrients, visit [IncredibleEgg.org](#). You can also check us out on [Facebook](#), [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 protein 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.