

Get Cracking – May is National Egg Month

Celebrate The incredible edible egg™ with these “incredible” egg facts

Park Ridge, Ill. (May 14, 2008) – The humble egg takes center stage in May, National Egg Month. Eggs are all natural and provide one of the highest quality proteins of any food available. Eggs are also incredibly affordable, making them a perfect choice for simple, inexpensive family meals, a priority given today’s rising food costs. Learn just how *incredible* eggs are with these egg factoids from the American Egg Board.

Incredible Egg Facts

- Americans make 7.8 billion egg-buying trips to the store each year and eggs can be found in 93% of all American households.¹ Eggs are just as popular outside of the home – the egg-centric breakfast sandwich is the top breakfast item at restaurants and fast food chains.²
- Eggs are one of the most affordable foods in today’s marketplace. When comparing standard servings of high-quality protein foods, eggs cost less than any other source, helping your family stay satisfied and energized even on a tight budget.
- Eggs provide a powerful nutrient package. In addition to high-quality protein, one egg has 13 essential vitamins and minerals, healthy unsaturated fats and antioxidants, all for only 70 calories. In addition, eggs are all-natural and do not contain hormones or antibiotics.
- A hen requires about 24 to 26 hours to produce an egg. After the egg is laid, the hen starts all over again about 30 minutes later. Younger hens tend to lay smaller eggs – the size of the egg increases as the hen grows older and is not related to the grade of the egg.
- Lutein and zeaxanthin are antioxidants found in egg yolks that can help to prevent macular degeneration, a leading cause of age-related blindness. The egg yolk gets its color from these yellow-orange pigments, and the shade of the yolk depends on how much lutein and zeaxanthin – often supplied by marigold petals – are in the hen’s feed. Even though eggs are not a rich source of these nutrients, research suggests that lutein and zeaxanthin from eggs may be more bioavailable than those from other sources.
- The shelf-life of eggs is longer than many other fresh foods. Fresh, uncooked eggs in the shell can be refrigerated in their cartons for at least three to five weeks after they are purchased. Do cook eggs until the yolk and white are firm, and cook dishes containing eggs until they reach an internal temperature of 160°F.
- Not sure if an egg is raw or hard-cooked? Give it a spin! A cooked egg will spin easily while a raw egg will wobble.

Incredible Recipes

Start your day off right with these meal ideas from the American Egg Board – or try them for easy, affordable dinnertime options!

- [Summer Squash Omelets](#)
- [Orange French Toast](#)
- [Easy, Elegant Asparagus Poach](#)
- [Scrambled Egg & Chicken Wraps](#)

Looking for More Info?

- For more information on the egg's incredible nutritional value, visit the Egg Nutrition Center at www.enc-online.org.
- For more egg facts and recipes, visit the American Egg Board at www.incredibleegg.org.
- Join the conversation! Visit Dr. Don's blog at www.unscramblingthescience.org.

¹Nielsen Homescan Data for 2006, courtesy of Pactiv Corp.

²NPD Group, 22nd Annual Report on Eating Patterns in America, 2007.

³United States Agricultural Department, Economic Research Service, April 29, 2008.