**CARDIO-METABOLIC HEALTH**

More than 40 years of research indicates healthy adults can enjoy eggs without significantly impacting their risk of cardiovascular and metabolic diseases, including type 2 diabetes.

**COGNITION**

Two important nutrients found in eggs—choline and lutein—are tied to brain health and academic performance.

**PHYSICAL PERFORMANCE**

The high-quality protein in eggs is essential for building and maintaining muscle tissue and directly influences muscle mass, strength and function across all age groups.

**NUTRITIOUS DIETARY PATTERNS**

Eggs fit into the healthy eating patterns recommended by public health organizations.

**EGG ALLERGIES**

Although eggs are a common food allergy in children, research suggests most outgrow it by late childhood.

**NUTRIENTS IN EGGS**

One large egg contains six grams of high-quality protein plus varying amounts of 13 essential vitamins and minerals, including vitamin D, riboflavin, selenium, choline and lutein.

**EGGS ACROSS THE LIFESPAN**

Essential nutrients in eggs can support a healthy pregnancy, growth & development of children, promote satiety & weight management throughout adulthood, and muscle mass and function during aging.

**WEIGHT MANAGEMENT & SATIETY**

Research suggests eating high-quality dietary protein, like eggs, can reduce hunger; facilitate weight loss; help weight maintenance.

**For more egg nutrition info, visit EggNutritionCenter.org**