

EGGS CONTAIN NUTRIENTS THAT ARE IMPORTANT FOR HEALTH

EYE

Lutein and zeaxanthin are carotenoids found in egg yolks that can support eye health as you age.

MUSCLE

Eating 20-40 grams of high-quality protein, from foods like eggs, promotes muscle recovery following exercise.

Adequate protein intake also helps active individuals preserve muscle during aging.

STOMACH

Eating a higher-protein diet can help satisfy the appetite.¹

Eggs are a good source of high-quality protein, with 6g per large egg.

BONE

Eggs are a natural food source of vitamin D (41 IU, 6% DV in a large egg), a nutrient critical for bone health.

BRAIN

Eggs are an excellent source of choline - an essential nutrient critical for fetal brain development and brain function.²

New research is exploring how choline throughout life may have lasting effects on cognition and prevention of cognitive decline.²

HEART

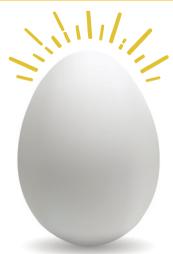
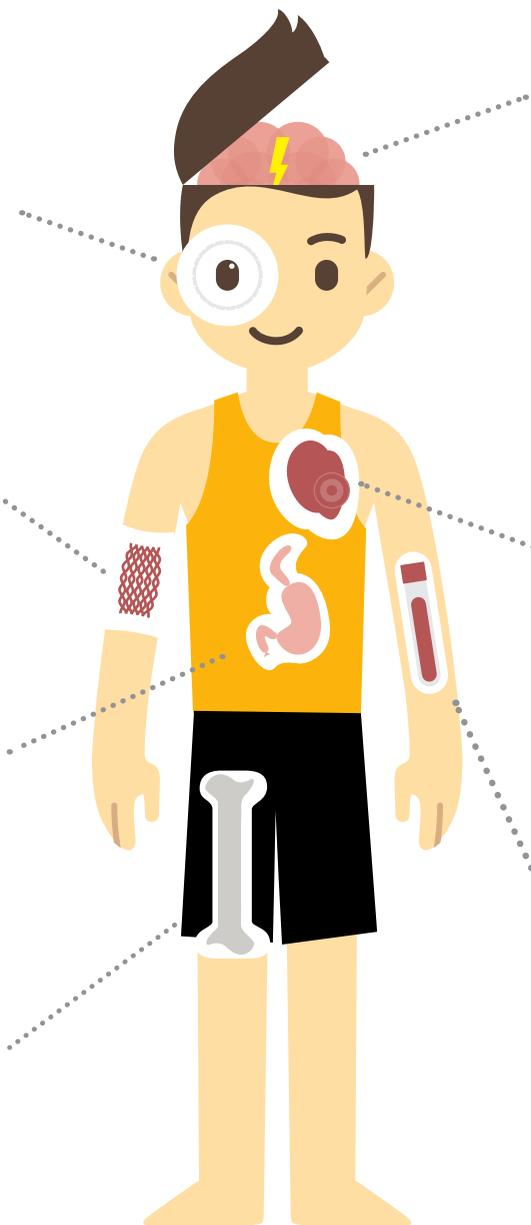
Scientific evidence demonstrates that eggs, when consumed as part of a healthy diet, do not negatively impact risk factors for heart disease.

A recent review showed eating eggs is linked to a 12 percent decreased risk of stroke and is not associated with coronary heart disease.³

BLOOD

Research studies have shown dietary cholesterol (say, from eggs) does not negatively impact blood cholesterol.

In fact, eating eggs may increase HDL "good" cholesterol and it's function.^{4,5}



- ✓ **Nutrient-Dense:** Eggs are a good or excellent source of eight nutrients, including high-quality protein and the under-consumed nutrient choline.
- ✓ **Contains Carotenoids:** Emerging but consistent research suggests lutein has the potential to influence cognition across the lifespan. A large egg has 252 mcg of bioavailable lutein + zeaxanthin.
- ✓ **Portion Controlled:** 70 calories per large egg.

For more research & egg nutrition information visit
www.eggnutritioncenter.org



Sources

1. Leidy HJ, et al. The role of protein in weight loss and maintenance. *Am J Clin Nutr.* 2015;101:1320S-29S.
2. Wallace TC, et al. The Underconsumed and Underappreciated Essential Nutrient. *Nutrition Today.* 2018;53:240-53.
3. Alexander DD, et al. Meta-analysis of Egg Consumption and Risk of Coronary Heart Disease and Stroke. *J Am Coll Nutr.* 2016;35:704-16.
4. DiMarco DM, et al. Intake of up to 3 Eggs/Day Increases HDL Cholesterol and Plasma Choline While Plasma Trimethylamine-N-oxide is Unchanged in a Healthy Population. *Lipids.* 2017;52:255-63.
5. DiMarco DM, et al. Intake of up to 3 Eggs per Day is Associated with Changes in HDL Function and Increased Plasma Antioxidants in Healthy, Young Adults. *J Nutr.* 2017;147:323-29.