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

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

Sources:
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;147:323-29.

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