

Eggs Across the Lifespan

Eggs for EveryBODY



Pregnancy

Choline is important during pregnancy to support normal fetal growth and brain development.



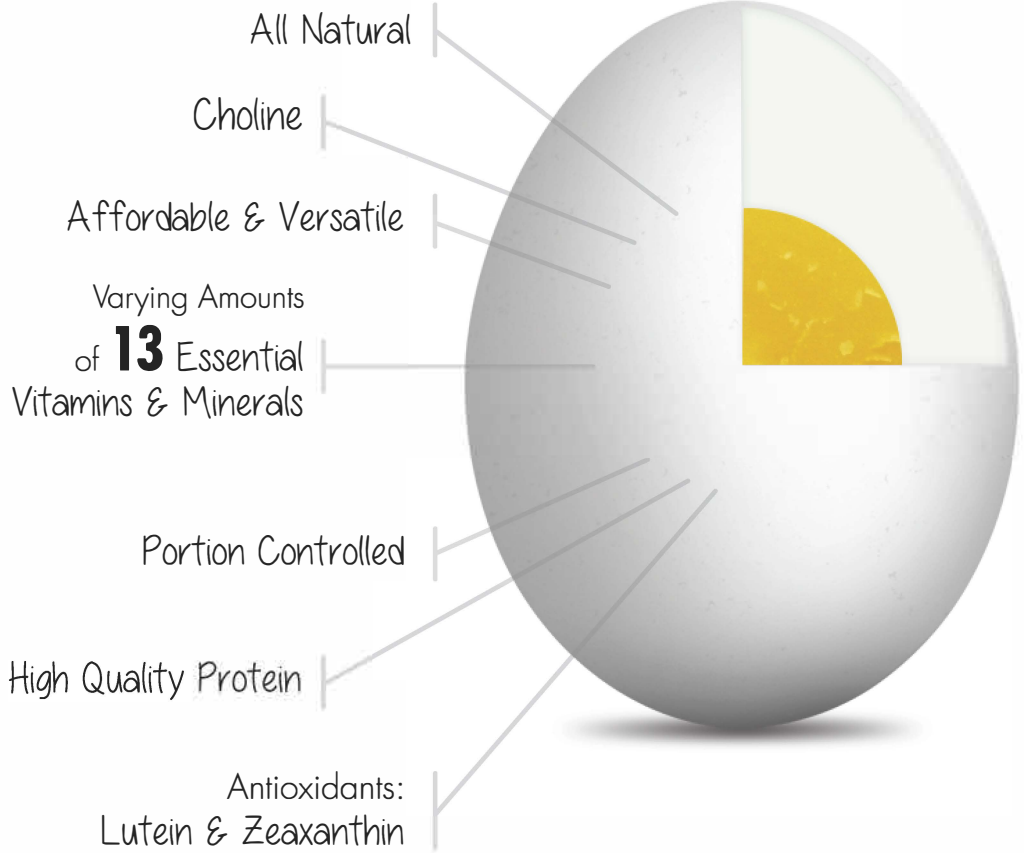
Infant / Toddler Feeding

Eggs are a nutrient-dense option for infants and toddlers. Plus, one large egg provides a 2-3 year old with almost half of their daily protein needs.



Aging

Lutein and zeaxanthin may reduce the risk of developing cataracts and slow the progression of age-related macular degeneration.



All for **70** calories in a large egg!

Protein & Physical Performance



HIGH-QUALITY PROTEINS are easily digested and contain all of the ESSENTIAL AMINO ACIDS to BUILD MUSCLE.



20-30 grams of protein at meals can PROMOTE MUSCLE PROTEIN SYNTHESIS.



Eating high-quality protein with carbs post-workout can help BUILD MUSCLES and OPTIMIZE RECOVERY.

Quality

Quantity

Timing