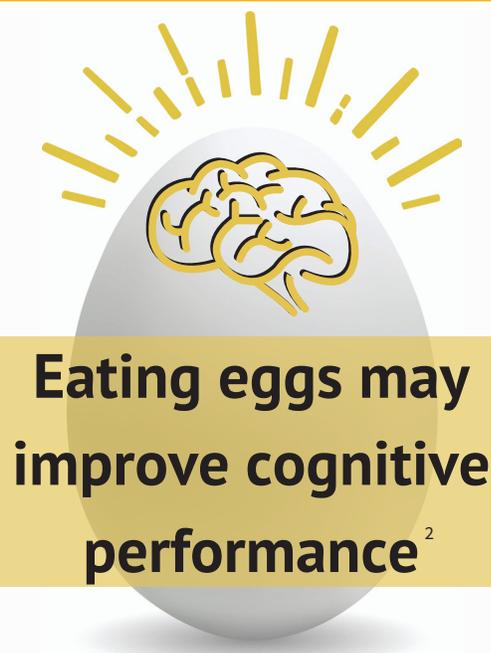


EGGSTRA! EGGSTRA!

HOT OFF THE PRESS: THE LATEST RESEARCH ON EGG NUTRITION

**Eggs on Salad =
7.5x higher absorption of
Vitamin E¹**



**Eating eggs may
improve cognitive
performance²**

 When children ate a protein-rich breakfast containing eggs they felt fuller and ate roughly 70 fewer calories at lunch versus after they ate cereal or oatmeal for breakfast.³

 Early introduction of food allergens, like eggs, around 4-6 months, or when a baby is developmentally ready, may help decrease the child's risk of developing an allergy to those foods.⁴

 When healthy adults ate a high-protein egg breakfast, they were more full and ate 135 fewer calories at a subsequent lunch versus when they ate a lower-protein cereal breakfast.⁵

 Research suggests eggs can be part of a heart-healthy diet. A recent review showed eating eggs may reduce the risk of stroke by 12 percent.⁶

RESEARCH COMING SOON...

-  Effects of daily egg consumption on nutrient intakes in children and adults.
-  Relationship between egg intake and bone strength in children.
-  Effect of daily egg intake on weight loss in overweight and obese children.

Sources

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