

EGGS CONTAIN NUTRIENTS THAT ARE IMPORTANT FOR HEALTH

EYE

Lutein and zeaxanthin are antioxidants found in egg yolks that can promote eye health as you age.¹

MUSCLE

Eating 20-30 grams of protein, from foods like eggs, promotes muscle recovery following exercise.²

Adequate protein intake also helps prevent muscle loss during aging.

STOMACH

Eating eggs at breakfast can keep one energized until lunch without the annoying hunger pangs.

Researchers suspect that the protein in eggs keeps people feeling satisfied.³

BONE

Eggs are one of the only foods that naturally contain vitamin D, a nutrient critical for bone health.⁴

BRAIN

One large egg is an excellent source of choline - an essential nutrient critical for fetal brain development and brain function.

Eating eggs may also be associated with improved cognitive performance in adults.⁵

HEART

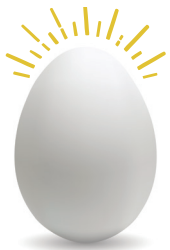
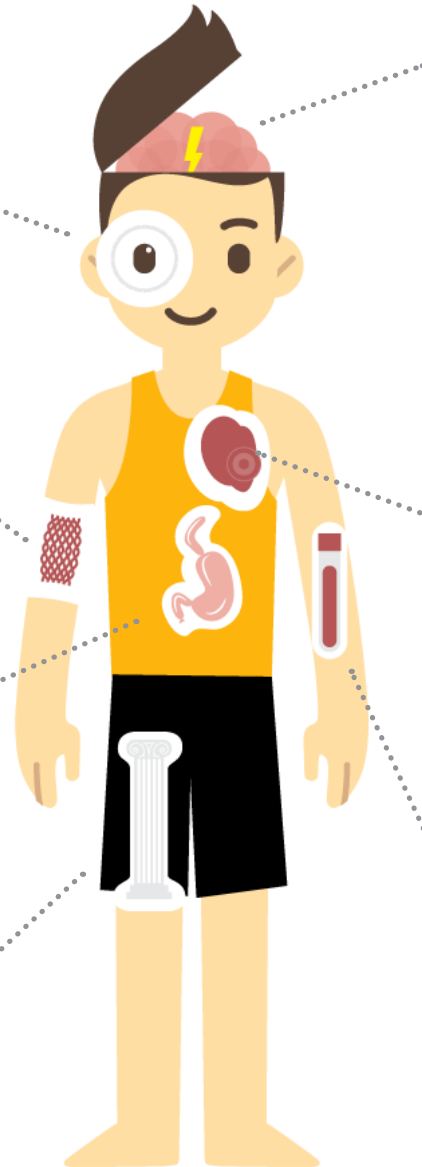
Research suggests eggs can be part of a heart-healthy diet.

A recent review showed eating eggs may reduce the risk of stroke by 12 percent.⁶

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.⁷



- ✓ **Protein Packed:** 6g high-quality protein per large egg⁸
- ✓ **Nutrient-Dense:** One egg has varying amounts of 14 essential nutrients including choline and vitamin D
- ✓ **Portion Controlled:** Each nutrient-rich large egg has 70 calories

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

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Sources

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2. Nutrition and Athletic Performance. A joint position paper between the Academy of Nutrition and Dietetics, Dietitians of Canada and the American College of Sports Medicine. *J Acad Nutr Diet*. 2016;116:3.
3. Vander Wal JS, et al. Short-term effect of eggs on satiety in overweight and obese subjects. *J Am Clin Nutr*. 2005;24;6:510-5.
4. U.S. Department of Health & Human Services. National Institutes of Health. Office of Dietary Supplements. Vitamin D Fact Sheet for Health Professionals.
5. Ylilauri MPT, et al. Association of dietary cholesterol and egg intakes with the risk of incident dementia or Alzheimer disease: the Kuopio Ischaemic Heart Disease Risk Factor Study. *Am J Clin Nutr*. 2016;105:476-484.
6. Alexander DD, et al. Meta-analysis of Egg Consumption and Risk of Coronary Heart Disease and Stroke. *J Am Coll Nutr*. 2016. 6:1-13.