

# Eggs can be included in a heart-healthy diet for healthy adults<sup>1</sup>



- **Science is in alliance: Heart-healthy eating can include eggs**, as supported by a 2020 Harvard School of Public Health analysis.<sup>2</sup>
- Eggs can be included as part of a heart-healthy diet for healthy adults, according to the **American Heart Association**.<sup>1</sup>
- **Common knowledge hasn't caught up with decades of science.** Science says that eggs do not impact heart health.<sup>3</sup> Eggs are nutrient-rich and widely acknowledged to be part of a healthy diet for every age and stage.<sup>4</sup>

## A Nutrient Powerhouse

Eggs are more than high-quality protein. They're an all-around nutrient powerhouse — a complete protein with essential vitamins and minerals for healthy living.

### One large egg packs a nutritious punch<sup>5</sup>:

- ✓ 70 calories
- ✓ 6g high-quality protein
- ✓ 1g polyunsaturated fat  
2g monounsaturated fat
- ✓ Excellent source of vitamin B12, biotin, iodine, selenium, and choline plus a good source of riboflavin, pantothenic acid, and protein
- ✓ All 9 essential amino acids
- ✓ 252 mcg lutein + zeaxanthin

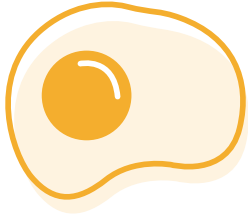


**Looking for recipes that fit into a heart-healthy diet?**

You can find meal inspiration at [incredibleegg.org/hearthealthyrecipes](https://www.incredibleegg.org/hearthealthyrecipes)

# When it comes to key nutrients for healthy living, eggs rule the roost.

Eggs are one of the least expensive sources of high-quality protein and can be enjoyed at any meal or eating occasion.



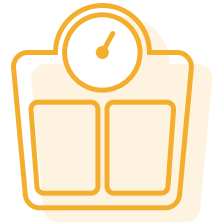
## OVERALL HEALTH

Eat the yolk! Nearly half of an egg's protein and most of its vitamins and minerals — including those essential for supporting our brains and bodies — are found in the yolk.



## BRAIN HEALTH

Choline helps support lifelong brain health at every age and stage, including memory, thinking, mood and more. Eggs are one of the most concentrated sources of choline in the American diet.



## WEIGHT MANAGEMENT

Eggs fill the tank without breaking the calorie bank. With 6g of high-quality protein, eggs can help you feel satisfied which can help you maintain a healthy weight.



## BONE HEALTH

Eggs are one of the only foods that naturally has vitamin D (6% DV), which along with calcium, is critical for building and maintaining strong bones.



## MUSCLE HEALTH

Eating high-quality protein, like eggs, in combination with carbohydrates post-workout can help refuel muscles and optimize recovery.



## EYE HEALTH

Lutein and zeaxanthin are carotenoids found in egg yolks that can help protect eyes from blue light.

### References

1. Carson JAS, et al. *Circulation*, 2019;141(3):e39-e53. 2. Drouin-Chartier J.P., et al. *BMJ*, 2020;368:m513. Published online 2020 Mar 4. 3. Fernandez, M.L., *J Family Practice*, 2022;71(6):s71-s75 4. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2020-2025 *Dietary Guidelines for Americans*. 2020 5. FoodData Central SR Legacy. Egg, whole, raw, fresh. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171287/nutrients>.



EGG  
NUTRITION  
CENTER

Learn more about how naturally nutrient-rich eggs fit into healthy eating patterns, plus find delicious and nutritious recipes at [EggNutritionCenter.org](https://EggNutritionCenter.org).

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