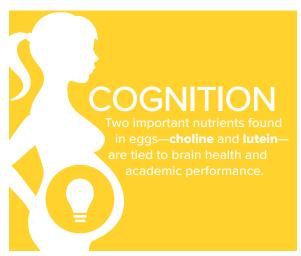
# EGGS 101



### PHYSICAL PERFORMANCE

The **high-quality protein in eggs** is essential for building and maintaining muscle tissue and directly influences, muscle mass, strength and function across all age groups.



## CARDIO-METABOLIC HEALTH

More than **40 years** of research indicates healthy adults can enjoy eggs without significantly impacting their risk of cardiovascular and metabolic diseases, including type 2 diabetes.



#### WEIGHT MANAGEMENT & SATIETY



Research suggests
eating high-quality dietary
protein, like eggs, can
reduce hunger; facilitate
weight loss; help weight
maintenance.

#### NUTRIENTS IN EGGS

One large egg contains six grams of high-quality protein plus varying amounts of **13 essential vitamins and minerals**, including vitamin D, riboflavin, selenium, choline and lutein.



#### NUTRITIOUS DIETARY PATTERNS



eating patterns
recommended
by public health
organizations.



allergy in children, research suggests most outgrow it by late childhood.

#### EGGS ACROSS THE LIFESPAN

Essential nutrients in **eggs can support** a healthy pregnancy, growth & development of children, promote satiety & weight management throughout adulthood, and muscle mass and function during aging.



