

## HALF A DOZEN



Reasons to Serve Eggs in School Meals 🔼



Protein builds and maintains muscles<sup>1</sup>



Choline is important for brain development and memory<sup>2</sup>



Antioxidants lutein & zeaxanthin keep our vision intact<sup>3</sup>

## EGG NUTRIENTS IN ACTION!

3. Vishwanathan R, et al. Consumption of 2 and 4 egg yolks/d for 5 wk increases macular pigment concentrations in older adults with low macular pigment taking cholesterol-lowering statins. Am J Clin Nutr 2009;90:1272-9.



Vitamin D helps develop healthy bones<sup>4</sup>



B vitamins turn food into energy





lodine helps support a healthy metabolism<sup>6</sup>

www.eggnutritioncenter.org/topics/physical-performance

2. Zeisel SH. The fetal origins of memory: the role of dietary choline in optimal brain development. J Pediatr 2006; 149:S131-136.

4. Vitamin D. National Institute of Health. https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/