

THE INCREDIBLE, INVALUABLE EGG



We're serving up a dozen farm-fresh facts we bet you never knew about eggs.

America's egg farmers produce about **100 billion eggs each year** – enough to wrap around the earth five times.

Eggs are a complete protein. In fact, **eggs are often the standard that food scientists use** when they assess the protein quality of other foods.

Eggs and veggies make a perfect pair: **eggs help you better absorb nutrients** found in vegetables, like Vitamin E.

Egg yolks contain fats that assist with the flavor release of other ingredients in a recipe, **making everything more delicious.**

Really fresh eggs are harder to peel. For an easier peel, **use eggs that have been in the fridge** for at least one week.

Egg whites aerate batters by **creating a foam up to eight times greater than the original liquid**, for added structure and bounce.



The **color of an egg's shell**—brown or white, for example—corresponds to the **color of the hen's earlobe!**

Eggs are one of the few foods rich in choline, a nutrient that helps **support lifelong brain health including memory, thinking, mood and more.**

Unless the carton says the egg is nutritionally enhanced, **ALL eggs have the same nutritional value** – no matter the shell color or how the hens that laid them were raised.

Eggs are a **climate-friendly protein**, and America's egg farmers have reduced their greenhouse gas emissions by 71%.

Properly refrigerated, an egg will retain its quality for about six weeks and **will rarely spoil like meat and fruit.**

The average American consumed more than 279 eggs in 2022. You'll find eggs in more than 90% of U.S. refrigerators.