



EGG
NUTRITION
CENTER



Nutrition in an Egg Shell

12 Health Benefits You Should Know



DID YOU KNOW?

Eggs are a nutrient-dense food recommended as part of healthy dietary patterns.¹

1 Heart Healthy Eating



According to the American Heart Association, **most people can enjoy up to seven eggs per week** as part of a heart-healthy diet, and older adults can eat two eggs per day.²

Cholesterol in food does not impact your body's cholesterol like we once thought.³ Diets high in saturated fat have the biggest impact on a person's cholesterol levels. Most of the fat found in eggs is unsaturated, good-for-you fat that supports heart health.⁴

2 Brain Health



Eggs are **one of the most concentrated food sources of choline** in the American diet and contribute other nutrients known for supporting brain health, including the omega-3 fatty acid DHA and lutein.^{5,6}

3 Pediatric Development



Eggs are a complete protein and have several other key vitamins and minerals **recommended by the American Academy of Pediatrics** for little ones' growing brains, including choline, vitamin B12, and iodine.⁷

The 2020-2025 Dietary Guidelines for Americans recommend eggs as a **first food for babies** to meet nutrient needs and to help reduce the risk of developing an egg allergy by introducing eggs early, when baby is developmentally ready – around 6 months of age.¹

4 Pregnancy



Choline in eggs is **critical for fetal brain development**, and research shows it can have lasting benefits for cognitive function.⁸⁻¹⁰ Two eggs supply more than half the recommended choline intake for pregnant women.^{4,11} Eggs also provide iodine, another essential nutrient for fetal development.^{1,12}

5 Healthy Aging



Eggs have vital nutrients for healthy aging including high-quality protein and vitamin B12 – two nutrients many older adults do not consume enough of. Recent research found that eating eggs weekly was **linked to a lower risk of developing Alzheimer's dementia**, largely due to dietary choline.⁵ Additionally, eggs provide 252 mcg of bioavailable lutein + zeaxanthin. The accumulation of lutein + zeaxanthin in the macula of the eye (macular pigment optical density (MPOD)) has been **associated with a reduced risk of age-related macular degeneration**, the leading cause of vision loss for Americans aged 65 years and older.^{13,14} Research in older adults has shown MPOD is related to cognitive function in older people.¹⁵

6 Muscle Health



With **6g of protein each**, eggs provide **all 9 essential amino acids** in the most digestible and bioavailable forms, making them one of the highest-quality protein sources. Ideal for maintaining and repairing muscle, eating eggs, in combination with carbohydrates post-workout, can help refuel muscles and optimize recovery.



7 Bone Health



Eggs are also one of the few foods that **naturally have vitamin D** (1 mcg per large egg), which, along with calcium, is crucial for maintaining strong bones.

8 Weight Management



Eggs fill the tank without breaking the calorie bank, **helping you feel satisfied**. Eating eggs, as part of a higher protein diet, can help curb hunger while providing essential nutrients for full body health.¹⁶

9 Eye Health



Just as UV rays can damage the skin, blue light exposure over a lifetime causes damage to the eyes and may contribute to age-related macular degeneration.^{14,17} Lutein and zeaxanthin, two carotenoids found in egg yolks, **help protect eyes from the blue light emitted from screens**.^{13,14}

10 Sustainable Diets



Eggs are star ingredients in sustainable diets with a low climate footprint when compared to other proteins. Similar to many other vegetarian proteins, eggs rank low for greenhouse gas impacts.¹⁸ With eggs, getting a healthy meal on the table becomes easier and more accessible as eggs **help reduce food waste** by pairing well with vegetables and common pantry staples.

11 Plant-Forward Eating



Eggs help Americans eat more of what they don't eat enough of — vegetables! A perfect protein to complement vegetarian and flexitarian diets, eggs can help you better **absorb the nutrients in vegetables**, such as vitamin E and carotenoids.^{19,20}

12 Versatile & Convenient



Eggs can be enjoyed in endless ways — boiled, scrambled, poached, baked, or deviled. They're a **quick and nutritious way to elevate any dish** on the table or on-the-go. From frittatas to casseroles, eggs help busy family's meal prep and are perfect to cook ahead and serve throughout the week.



DID YOU KNOW?

Nearly half of an egg's protein and most of its vitamins and minerals are found in the yolk.



Nutritious Meal Inspiration!

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