

# EGGS CONTAIN NUTRIENTS THAT ARE IMPORTANT FOR HEALTH

EYE

BRAIN

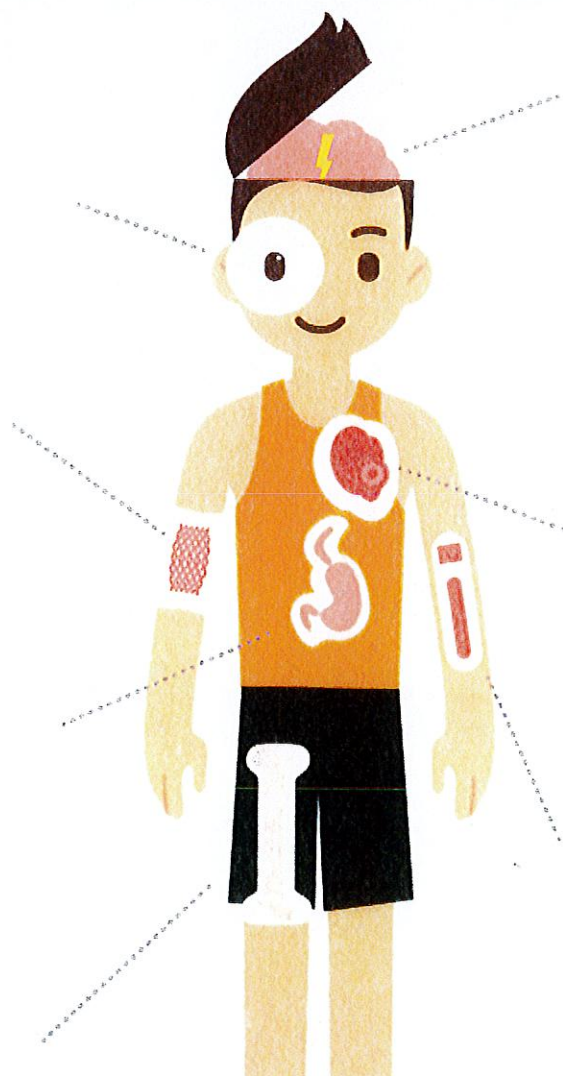
MUSCLE

HEART

STOMACH

BLOOD

BONE



For more research & egg  
nutrition information visit  
[www.eggnutritioncenter.org](http://www.eggnutritioncenter.org)

**ENC**  
EGG NUTRITION CENTER

Eggs are one of the only foods that naturally contain vitamin D.

Eating eggs at breakfast can keep one energized until lunch without the annoying hunger pangs.

Lutein and zeaxanthin are antioxidants found in egg yolks.

Eating eggs may reduce the risk of stroke by 12 percent.

Research studies have shown dietary cholesterol (say, from eggs) does not negatively impact cholesterol. In fact, eating eggs may increase "good" cholesterol.

One large egg is an excellent source of choline. Eating eggs may be associated with improved cognitive performance in adults.

Eating 20-30 grams of protein, from foods like eggs, promotes recovery following exercise.