

# eggs

## and egg alternatives IN THE DAIRY AISLE

### NUTRIENT-DENSE EGGS

#### SUPPLY ESSENTIAL NUTRIENTS

At just 70 calories and 6 grams of protein per large egg, you'll also find vitamins A, E, D, B12, biotin, folate, calcium, iron, potassium, riboflavin, niacin, pantothenic acid, phosphorus, iodine, zinc, selenium and choline.

### EGGS ARE A SOURCE OF HIGH-QUALITY PROTEIN & AMINO ACIDS

One large egg contains 6 grams of high-quality protein and all 9 essential amino acids: histidine, isoleucine, leucine, lysine, methionine, valine, phenylalanine, threonine and tryptophan.

### (CHOLINE IN EGGS SUPPORTS LIFELONG BRAIN HEALTH AT EVERY AGE AND STAGE

The critical nutrient choline helps support fetal and infant brain health from conception through age 2, yet 90% of pregnant women don't get enough. One large egg supplies 150 mg choline.

### LIQUID EGG WHITES & EGG SUBSTITUTES

In addition to shell eggs, liquid egg white products are also available in the dairy aisle. Some consumers want or need a completely egg-free alternative to replace eggs in recipes. When choosing, consider the versatile roles eggs play including binding, leavening, adding texture and boosting flavor.



### (CHOOSE EGGS

#### AFTER A WORKOUT

Combining eggs with carbohydrates post-workout helps refuel muscles and optimize recovery. Try them boiled, poached, scrambled or fried in plant-based oil such as canola, olive or avocado oil.



### HEALTHY ADULTS CAN INCLUDE EGGS AS PART OF A HEART-HEALTHY DIET

Research shows eating an egg a day (or even 12 eggs a week over 3 months in people with pre-diabetes and Type 2 diabetes) did not increase cardiovascular risk factors.



### EGGS MAKE IT EASY TO FOLLOW A

#### PLANT-FORWARD DIET

Eggs pair well with vegetables and help aid the absorption of nutrients found in veggies, such as vitamin E and carotenoids.



### EARLY INTRODUCTION OF EGGS IS IMPORTANT

Introducing eggs to babies at around 4-6 months may help reduce the risk of developing an egg allergy.

### DID YOU KNOW?

Storing eggs at 40°F in the fridge helps extend shelf-life. When refrigerated, eggs will keep for at least 4 - 5 weeks past the date they were packed.

WHEN IT COMES TO  
KEY NUTRIENTS FOR  
HEALTHY LIVING,  
EGGS RULE THE ROOST!