

# It's All In An Egg!

## Nutrients Found in Eggs Play an Important Role in the Body

Eggs are packed with a number of nutrients. One large egg has varying amounts of 13 essential vitamins and minerals all for 70 calories!<sup>1</sup> For just 14 cents each,<sup>2</sup> eggs are an affordable source of high-quality protein including all nine essential amino acids. Eating eggs can actually help manage weight by promoting a feeling of fullness and a reduced calorie intake throughout the day.<sup>3</sup>



### Thirteen Essential Vitamins and Minerals

Excellent Source\*

- **Choline** (23% Daily Value): Essential for normal functioning of all cells, including those involved with metabolism, brain and nerve function, memory and the transportation of nutrients throughout the body. Choline also helps prevent birth defects, as well as helps promote brain and memory development in infants.
- **Selenium** (22% Daily Value): Acts as an antioxidant to prevent the breakdown of body tissues. Selenium works hand-in-hand with vitamin E to protect against some chronic diseases.

Good Source\*

- **Riboflavin** (14% Daily Value): Helps to produce energy in all the cells of the body.
- **Vitamin D** (10% Daily Value): Works with calcium to strengthen bones and teeth.
- **Phosphorus** (10% Daily Value): Essential for healthy bones, teeth and cell membranes. Phosphorus is also required for energy production in the body.
- **Vitamin B12** (8% Daily Value): Works to support normal digestion and nerve cell function.
- **Pantothenic Acid** (7% Daily Value): Helps break down food and assists body cells in producing energy.
- **Folate** (6% Daily Value): Promotes proper fetal development and red blood cell formation.
- **Iron** (5% Daily Value): Plays an important role in red blood cell production and oxygen transport.
- **Vitamin A** (5% Daily Value): Supports growth and maintains healthy skin, vision and immune function.
- **Vitamin B6** (5% Daily Value): Keeps nerve transmission running smoothly and aids protein in immune function.
- **Zinc** (4% Daily Value): Assists in maintaining immune function, as well as body tissue growth and repair.
- **Calcium** (3% Daily Value): Helps build and maintain strong bones and teeth. This mineral also plays an important role in nerve function, muscle contraction and blood clotting.

<sup>1</sup> U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 23 (2010). NDB No: 01123.

<sup>2</sup> United States Department of Agriculture. Economic Research Service. Retail data for beef, pork, poultry cuts, eggs, and dairy products (March 17, 2011). Retrieved on March 17, 2011 from <http://www.ers.usda.gov/Data/MeatPriceSpreads/>

\* Excellent Source and Good Source as defined by US Food and Drug Administration



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## Two Macronutrients

- **Protein** (13% Daily Value): Essential for building and repairing body tissue and muscle, and aides in immune function. High-quality protein, like the protein in eggs, may also help people maintain a healthy weight.<sup>3</sup> In fact, recent research shows that eating eggs for breakfast, as part of a reduced-calorie diet, helps overweight adults feel fuller for longer, feel more energetic and lose more weight.<sup>3,4</sup>
- **Dietary Fats:** A large egg contains 1.6g of saturated fat; however, most of the fat in an egg is unsaturated (1.8g monounsaturated and 1.0 polyunsaturated). Fats function as insulators and building blocks of hormones and cell membranes. Dietary fats help carry flavor and nutrients, provide texture and add satiety value.

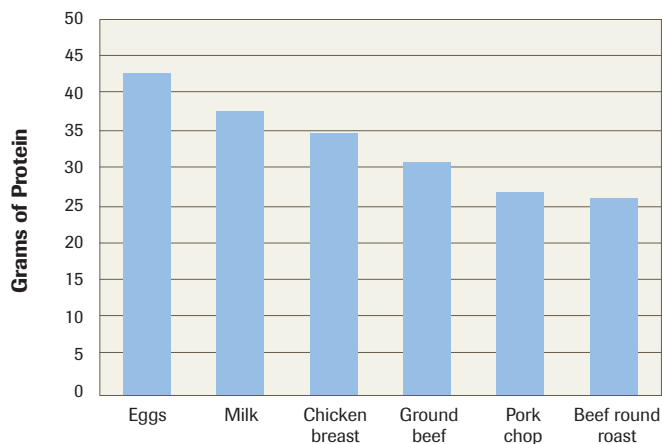
## Two Antioxidants

- **Lutein & Zeaxanthin** (252 micrograms): Contribute to eye health and help prevent common causes of age-related blindness. Both antioxidants are found in the egg yolk and are believed to reduce the risk of developing cataracts and age-related macular degeneration, a disease that develops with age and causes blurred or distorted vision. While eggs contain small amounts of these nutrients, research shows that lutein and zeaxanthin may be more bioavailable from eggs than from richer sources.

## Eggs: Affordable & Incredible

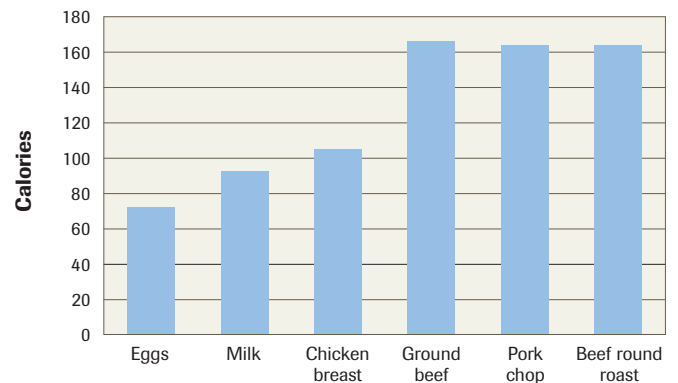
### Grams of Protein per Dollar Spent

Average Retail Cost of High-Quality Protein Foods



### Calorie Composition of High-Quality Protein Foods

Calories per serving



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<sup>3</sup> Leidy HJ, et al. Increased dietary protein consumed at breakfast leads to an initial and sustained feeling of fullness during energy restriction compared to other meal times. *BJN* 2009; 101(6):798-803.

<sup>4</sup> Vander Wal, J., Gupta, A., Khosla, P., and Dhurandhar, N. Egg Breakfast Enhances Weight Loss. *International Journal of Obesity*. 2008.



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