

**AN EGG CONTAINS  
6g OF PROTEIN  
PLUS 14 ESSENTIAL  
NUTRIENTS**



 world  
egg day



**DID YOU KNOW  
EGGS ARE  
ACTIVELY  
HELPING TO FEED  
THE GROWING  
WORLD  
POPULATION?**





**Eggs are a low impact  
protein source!**





**Eggs are one of  
the best sources  
of choline, an  
essential nutrient  
for foetal brain  
development!**





**Eggs are one of the  
few foods which  
naturally contain  
vitamin D!**





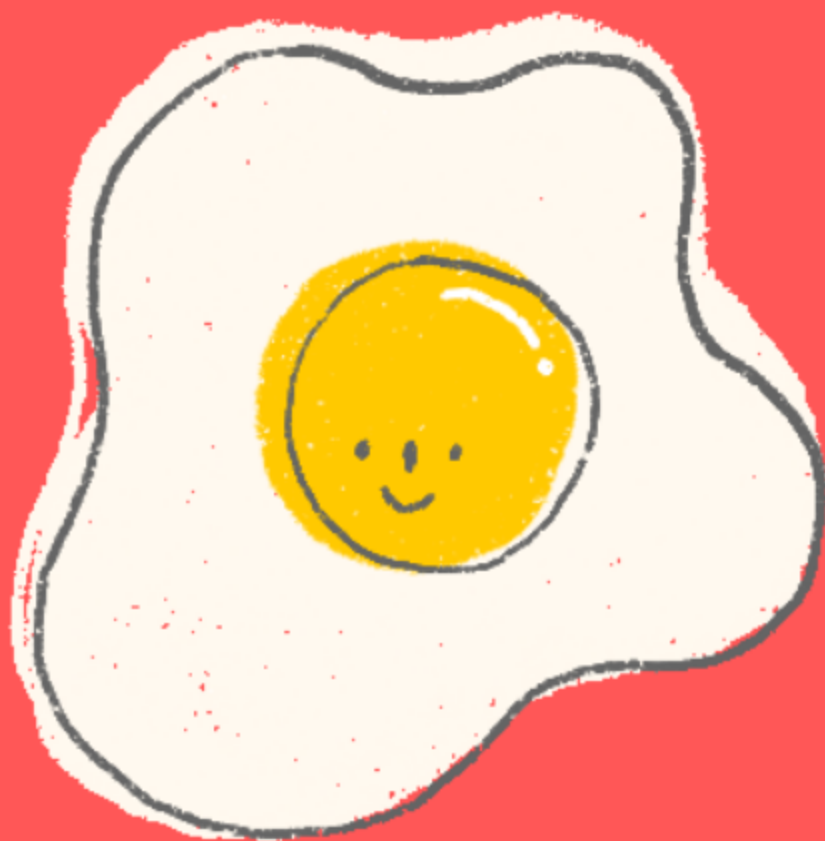
**Eggs have several unique  
health benefits for all  
stages of life!**





**Eggs offer the highest  
quality protein of any  
natural food source!**

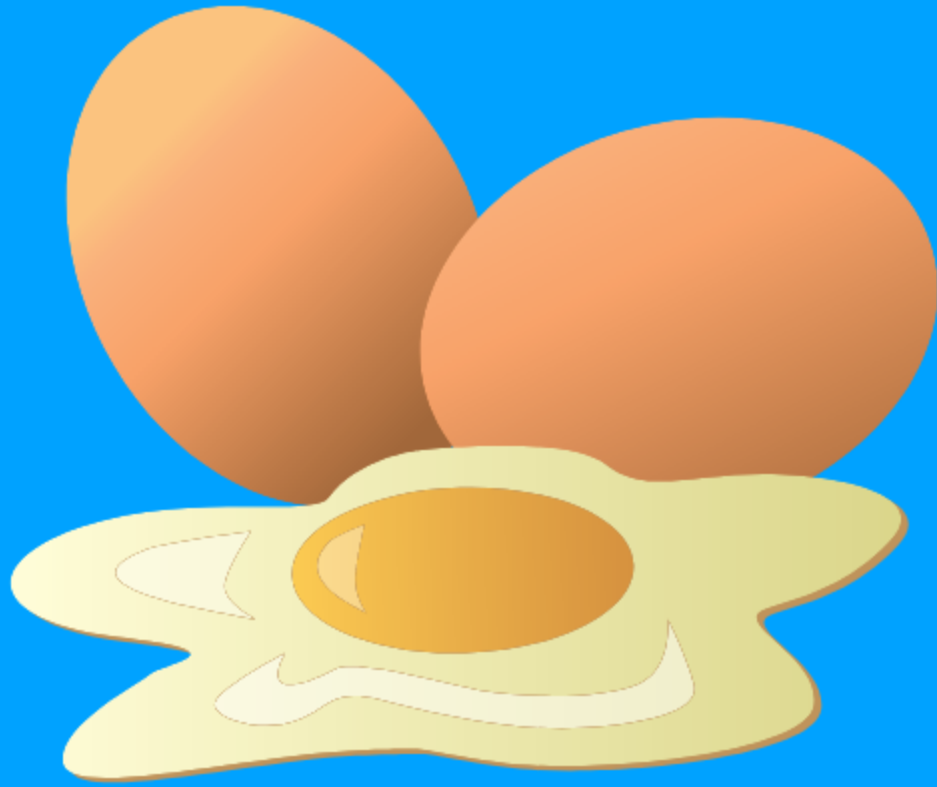




**Happy World Egg Day!**







**On average we consume  
161 eggs annually!**

