

EGG NUTRITION & SAFETY FACTS



- Eggs are a nutritional powerhouse, with one egg containing **6 grams of high-quality protein** and **8 essential nutrients**, all for **70 calories**. Plus, eggs are naturally free of sugars and carbohydrates.
- Egg protein is of such high quality, it is used as **the standard by which all other protein sources are compared**.
- Eggs are an **excellent source of protein**, which helps to **curb hunger** and **prevent snacking** between meals.
- Eggs contain many **essential nutrients**, including **choline, folate, iron** and **zinc**.
- The 2020 Dietary Guidelines Advisory Committee Scientific Report recommends eggs as an **important first food for babies and toddlers** to support with **brain development** and **reduce the chance of developing food allergies** later in life.
- More than 40 years of research supports eggs as part of a **heart-healthy diet**. Studies have shown that cholesterol from eggs **does not cause heart disease** and can actually **prevent strokes**.
- The Dietary Guidelines for Americans and the American Heart Association recommend that individuals consume, on average, less than 300 mg of cholesterol per day. An egg or two a day can fall within those guidelines, particularly if individuals opt for other low-cholesterol foods throughout the day. Large eggs contain 185 mg of cholesterol.
- The protein in eggs helps adults **build and preserve muscle strength** and allows them to stay **energized throughout the day**, which contributes to **maintaining a healthy weight**.
- Eggs contain **lutein** and **zeaxanthin**, two nutrients which are part of the carotenoid family (like beta-carotene in carrots), that contribute to **eye health** and help **prevent common causes of age-related blindness** in both children and adults.
- Proper storage is key to keeping eggs fresh. Store eggs on a **center shelf** in the refrigerator where the temperature stays at **45°F or below**. Never keep eggs in the refrigerator door where the temperature fluctuates.
- Prevent foodborne illness at home by cooking eggs until the whites are firm or an **internal temperature of 160°F** is reached.

NUTRITION CHART

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	PROTEIN (G)
EGG WHITE	17	.06	0	0	3.6
EGG YOLK	55	4.51	1.624	186	2.7

Don't toss the yolk! Almost all of an egg's nutrients are found in the yolk, including choline, lutein, and B and D vitamins, which are important for bone and eye health, immune function, cognition and energy production.