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Egg Nutrition Facts

- Eggs are protein-rich, low in sodium and contain a variety of vitamins and minerals.
- Egg protein is of such high quality, it is used as the standard by which all other protein sources are compared.
- With a protein value of 94 percent, the nutrition contribution of eggs is best understood when compared to other high-protein foods, including:
 - Milk – 85 percent
 - Fish – 76 percent
 - Beef – 74 percent
- One large egg has about 75 calories, making it a perfectly portion-controlled snack.
- Eggs have many essential nutrients in varying amounts, including high-quality protein, choline, folate, iron and zinc, making eggs a naturally, nutrient-dense food.
- According to new nutrition data from the United States Department of Agriculture's Agricultural Research Service (USDA-ARS) released in 2011, eggs are lower in cholesterol than previously thought. The USDA-ARS recently reviewed the nutrient composition of standard large eggs, and results show the average amount of cholesterol in one large egg is 185 mg, 14 percent lower than previously recorded. The analysis also revealed that large eggs now contain 41 IU of vitamin D, an increase of 64 percent.
- 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. Whole eggs contain 212 mg of cholesterol.
- Eggs are an excellent source of choline, an essential nutrient that is particularly important for pregnant women because it contributes to fetal brain development. Research shows that choline may also help prevent age-related memory decline.
- A 9,500-subject study published in 2007 concluded that eating one or more eggs per day does not increase the risk of coronary artery disease or stroke among healthy adults.



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- A review of more than 30 years of research on eggs came to the same conclusion – eating eggs daily does not have a significant impact on blood cholesterol or heart disease risk.
- The protein in eggs helps adults build and preserve muscle strength and allows them to feel full longer and stay energized, which contributes to maintaining a healthy weight.
- Eggs provide small amounts of 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.

Fat Content and Calorie Chart

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Protein (g)
Whole Egg	72	4.97	1.55	212	6.29
Egg White	17	0.06	0	0	3.60
Egg Yolk	55	4.51	1.624	210	2.70

