

EGGS FOR HEALTH

GOOD NUTRITION SUPPORTS GOOD HEALTH

EACH EGG IS A NUTRITIONAL POWERHOUSE

Eggs are one of nature's most nutritious foods. One large egg contains 6 grams of protein and an incredible amount of nutrition:

- Helps keep bodies strong and healthy
- Carries oxygen to the cells and keeps blood healthy
- Helps keep bones healthy and teeth strong
- Helps maintain a strong immune system
- A nutrient that plays a role in maintaining good health and preventing disease

PROTEIN

IRON

VITAMIN D

ZINC

VITAMIN E

EGGS ARE ESPECIALLY NUTRITIOUS FOR BABIES AND CHILDREN

Their nutritional power means that eggs have the ability to reduce child stunting.

KEEP YOUR EYE SIGHT STRONGER FOR LONGER

Eggs provide nutrients like lutein and zeaxanthin which help to prevent the leading cause of age-related blindness.

KIDS WHO EAT WELL BALANCED MEALS PERFORM BETTER IN SCHOOL

Eggs at breakfast time can improve memory and grades.