

It's All In An Egg!

Egg's Nutrients Play A Healthful Role In the Body

Eggs are packed with a number of nutrients. One egg has 13 essential vitamins and minerals for only 75 calories. Eggs are also a good source of high-quality protein including all nine essential amino acids, as well as healthy unsaturated fats. Lutein and zeaxanthin, two antioxidants that contribute to eye health, are also found in eggs.

Thirteen Essential Vitamins and Minerals

- **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** (23% Daily Value): Acts as an antioxidant to prevent breakdown of body tissues. Selenium works hand-in-hand with vitamin E to protect against some chronic diseases.
- **Riboflavin** (14% Daily Value): Helps to produce energy in all the cells of the body.
- **Vitamin B12** (11% Daily Value): Works to support normal digestion and nerve cell function.
- **Phosphorus** (10% Daily Value): Essential for healthy bones, teeth and cell membranes. Phosphorus is also required for energy production in the body.
- **Pantothenic Acid** (7% Daily Value): Helps breakdown 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 D** (5% Daily Value): Works with calcium to strengthen bones and teeth.
- **Zinc** (4% Daily Value): Assists in maintaining immune function, as well as body tissue growth and repair.
- **Vitamin B6** (3.5% Daily Value): Keeps nerve transmission running smoothly and aids protein in immune function.
- **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.

Two Macronutrients

- **Protein** (13% Daily Value): Essential for building and repairing body tissue and muscle; aides in immune function. High-quality protein, like the protein in eggs, also helps people to feel full longer and stay energized, which can help them maintain a healthy weight.
- **Unsaturated Fats** (1.9 grams monounsaturated, 0.68 grams polyunsaturated): Function as insulators and building blocks of hormones and cell membranes. Intake of these unsaturated “heart healthy” fats has been shown to help lower cholesterol levels, particularly when consumed in place of saturated fat.

Two Antioxidants

- **Lutein & Zeaxanthin** (166 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.