

# An Egg's VALUE

## Eggs Nutrition Facts:

- Vitamin A
- 78 calories
- 0.6 gram carbohydrates
- 6.3 grams protein
- 5.3 grams fat
- 186 milligrams cholesterol
- 15.4 micrograms selenium
- 0.3 milligram riboflavin
- 44 IU vitamin D
- 0.6 microgram vitamin B12
- 86 milligrams phosphorus
- 293 IU vitamin A
- 22 micrograms folate

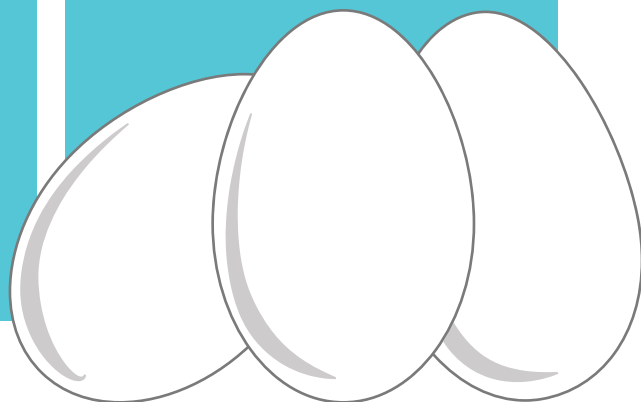
## 6 Fantastic Benefits of Eggs:

1. Reduce risk of stroke
2. Helps to prevent disease
3. Improve eye health
4. Aid in weight loss
5. Maintain liver function and brain health
6. Keep your skin healthy

\*eggs do NOT increase risk of heart disease

## A list of the awesome things eggs contain:

- Vitamin A
- Vitamin B2 (riboflavin)
- Vitamin B5
- Vitamin B6
- Vitamin B9 (folate)
- Vitamin B12
- Vitamin D
- Vitamin E
- Vitamin K
- Phosphorus
- Selenium
- Calcium
- Zinc
- Choline
- Lutein
- Zeaxanthin
- Quality Protein (with all nine essential amino acids included)



# EVEN MORE ABOUT Eggs



## Egg Safety:

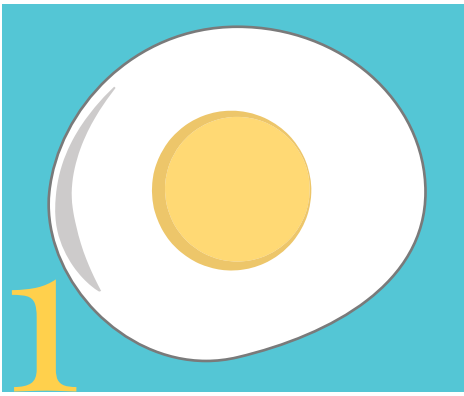
- Do not rinse eggs because it will allow bacteria to enter your egg.
- Cook eggs immediately if washed.
- Use hard-shell eggs (boiled or soft) one week after cooking.
- Frozen eggs can last up to one year.
- Refrigerate eggs immediately. If eggs are left at room temperature for more than two hours, throw them out.
- Do not place eggs in the door of the refrigerator (due to temp. fluctuations).
- Eggs can be kept in refrigerator for 3 to 4 weeks.
- Liquid eggs should always be refrigerated, and eaten within 2 to 6 days of purchase.

## Basic Egg Recipes:

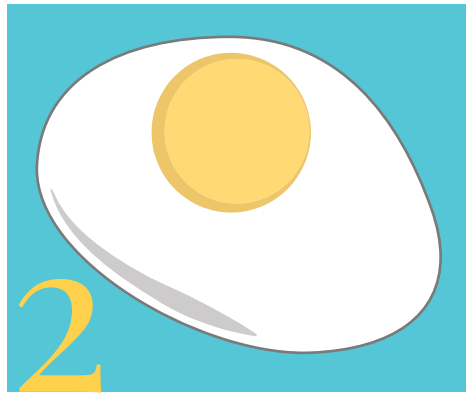
- Simply fried and scrambled
- In omelets
- As French toast
- In Huevos Rancheros
- In egg and English muffin sandwiches
- Boiled and added as a topping to salad, soup, or a bowl of beans or rice
- In Chinese fried rice
- Deviled as an addition to soup or salad, or to any other meal
- In old-fashioned pound cake
- In old-fashioned custard pudding

## Tips:

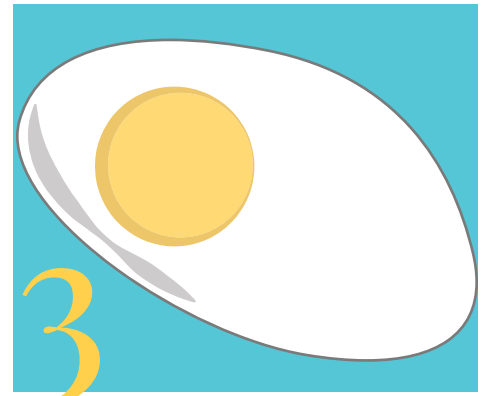
- To freeze eggs, beat both white and yolk together and then store.
- There is no difference between eggs that are brown and those that are white (except for the outward appeal).
- If eggs are cooked at a high temperature more bacteria will be eliminated.



If the egg is good and fresh quality the yolk will be in the center of the white, and the white won't be too large compared to the yolk.



If the egg is lower quality (or less fresh) the yolk will not be centered in the white, and the white will be larger.



As the quality and/or freshness degrades the yolk is off center, and the white is larger.

## EGG LABEL Meanings

- **Farm Fresh**

This is more for marketing, and actually makes no difference.

- **All Natural**

This name, again, has no bearing on the egg itself.

- **Cage-Free**

Chickens live cage-free, and are allowed to live more like chickens.

- **No Hormones**

It is illegal to give poultry hormones in the first place.

- **No Antibiotics**

Chickens used for meat get antibiotics, while egg-laying chickens like these do not.

- **Free-Range**

The Chickens are cage-free, and can walk around more when laying.

- **Vegetarian Diet**

The chickens are fed corn fortified with amino acids.

- **Omega-3**

The chickens are given flaxseed with their corn, to get more omega-3's in their eggs.

- **Organic**

Chickens that are free range and are fed no meat, or antibiotics.

- **Pasture-Raised**

A gold standard for egg-laying. Chickens live practically free and are fed insects and corn.

