

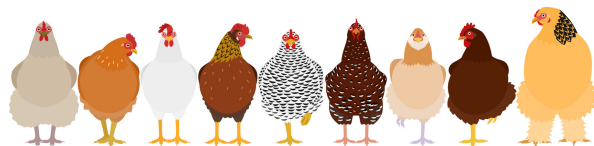
Eggs

Crack open the power of nutrition

Eggs are a great source of high-quality protein and they are loaded with vitamins and minerals such as B12, folate, calcium, and choline.

Eggs can be prepared in a variety of ways; they can be boiled, poached, baked, or pan fried. They can be a healthy addition to almost any meal.

Each egg contains 72 calories, 6 grams of protein, and 5 grams of fat.



Don't Judge an Egg by Its Shell!

Eggs come in many colors, such as white and brown, but color does not change their nutritional value. The difference in color comes from the breed of the hen that laid the egg. No matter the color, all eggs are packed with the same healthy protein and nutrients.

