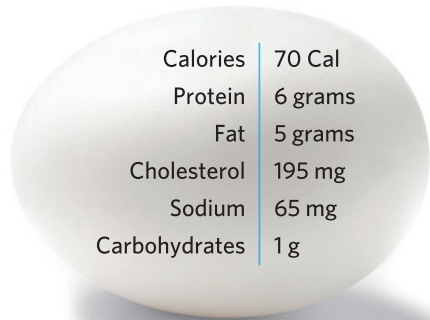


## WHAT'S IN AN EGG?

[ ONE LARGE EGG ]



## DID YOU KNOW?

- Eggs are delivered to your grocery store shelves in 4 to 7 days.
- In order to feed the more than 13 million people in the province, Ontario's 500 egg and pullet farm families care for 10 million hens every day.
- For each family that uses a dozen eggs each week, a local Ontario farmer houses, feeds and cares for two hens all year long.
- The average hen will naturally lay approximately 340 eggs in one year. That is almost an egg a day!
- Eggs in Ontario are produced according to the same Canada Grade A standard for quality, freshness and cleanliness.
- Look for cartons with this symbol to ensure you are purchasing farm fresh, Canada Grade A eggs.



Get to know your Ontario egg farmers.

The Laver Family



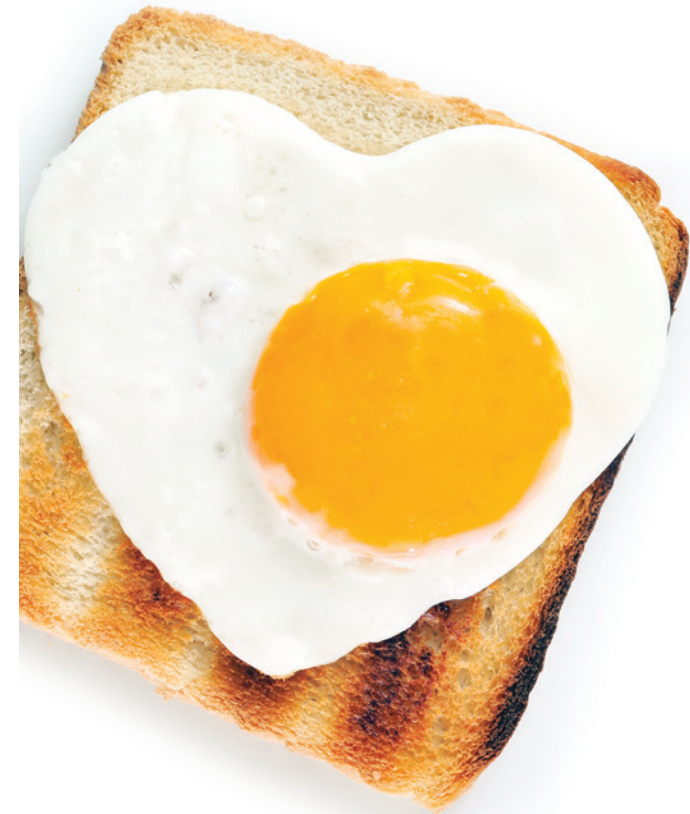
Visit [www.getcracking.ca](http://www.getcracking.ca)  
to learn more about  
Ontario's egg farm families.



## GOOD FOR THE BODY INSIDE AND OUT!



Eggs go beyond the usual meal or snack.  
With 13 essential vitamins and minerals,  
eggs are a high-quality protein  
that fuels the body.



**get cracking®**  
Egg Farmers of Ontario




**get cracking®**  
Egg Farmers of Ontario

# 6 Powerful ways eggs promote health


## 1 Naturally NOURISH

**13** vitamins & minerals + protein<sup>1</sup>  
Just **70** calories<sup>1</sup>



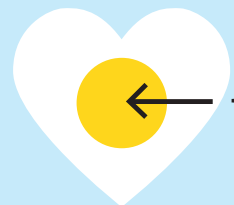
## 2 BEAT Hunger

**12** grams of hunger-curbing protein<sup>1,2</sup> = **2** eggs = **1** serving




## 3 FUEL with Heart Healthy Fats

Includes the same healthy fats found in olive oil, avocados & almonds<sup>1</sup>



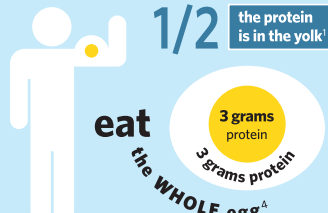
## 4 BUILD Brains

egg yolks  
**CHOLINE** vital for brain health<sup>3</sup>



## 5 MAXIMIZE Muscles

**1/2** the protein is in the yolk<sup>1</sup>  
eat the **WHOLE** egg<sup>4</sup>



## 6 BOOST eye health

**Eat the yolk!**



Get **2 antioxidants** for healthy eyes<sup>15</sup> → lutein & zeaxanthin

## Cholesterol - Break the Myth!

Scientific research confirms that the dietary cholesterol in eggs has very little effect on blood cholesterol levels. Very large clinical studies have shown that there is no relation between egg consumption and increased risk of heart disease or stroke. Since ⅔ of the fat found in eggs is unsaturated, experts agree that most people can eat an egg a day without increasing their risk of heart disease.

## Eggs and Type 2 Diabetes

People with Type 2 Diabetes strive to keep blood sugar levels stable. Protein-rich foods, such as eggs, can play an important role in regulating blood sugar levels and improving glucose control. Eggs are high in protein and low in carbohydrates which may help control blood sugar levels. Recent studies have concluded that eating 6 to 12 eggs per week has no impact on cholesterol, triglycerides, fasting glucose or insulin levels for people with diabetes.

## NUTRIENTS IN AN EGG

<b>Iron</b>	Carries oxygen to the cells and may help prevent anemia. Also helps our muscles store and use oxygen.
<b>Vitamin A</b>	Helps maintain healthy skin and eye tissues; assists in night vision.
<b>Vitamin D</b>	Strengthens bones and teeth; may help protect against certain cancers and auto-immune diseases.
<b>Vitamin E</b>	An antioxidant that plays a role in maintaining good health and preventing disease.
<b>Vitamin B12</b>	Helps protect against heart disease.
<b>Folate</b>	Helps produce and maintain new cells; helps prevent a type of anemia; helps protect against serious birth defects, if taken prior to pregnancy and during the first 3 months.
<b>Protein</b>	Essential for building and repairing muscles, organs, skin, hair and other body tissues; needed to produce hormones, enzymes and antibodies.
<b>Selenium</b>	Works with Vitamin E to act as an antioxidant to help prevent the breakdown of body tissues.
<b>Lutein and Zeaxanthin</b>	Maintains good vision; may help reduce the risk of age-related eye diseases, such as cataracts and macular degeneration.
<b>Choline</b>	Plays a strong role in brain development and function.

## Eggs - An Ideal Fuel

Research suggests adding eggs to your menu may help you feel fuller for longer. Eggs are rich in protein, a long-lasting energy source. Adding a good source of protein to your breakfast may help you keep your appetite in check throughout the day!

Eggs are also a perfect protein choice to power your workout! Eggs rank among the highest quality proteins and provide all of the 9 essential amino acids, in a pattern that closely matches your body's needs. Packed with protein, vitamins and minerals, eggs are a natural choice for peak performance and help to build and repair muscle.

Since the majority of nutrients and half the protein is in the yolk, remember to eat the whole egg for maximum nutrition!

1. Canadian Nutrient File, v 2015. 2. Fallaize, R.; Wilson, L.; et al. Variation in the effects of three different breakfast meals on subjective satiety and subsequent intake of energy at lunch and evening meal. Eur J. Nutr 52(4):1353-9, 2013. 3. Zeisel SH. Choline: Critical role during fetal development and dietary requirements in adults. Ann Rev Nutr 26:229-50, 2006. 4. van Vleet, S; Shy, EL et al. Consumption of whole eggs promotes greater stimulation of post exercise muscle protein synthesis than consumption of isonitrogenous amounts of egg whites in young men. Am J Clin Nutr 106(6):1401-1412, 2017. 5. Vishwanathan, R.; Godrow-Kotyla, E.F.; et al. Consumption of 2 and 4 egg yolks/d for 5 wk increases macular pigment concentrations in older adults with low macular pigment taking cholesterol-lowering statins. Am J Clin Nutr 90(5):1272-9, 2009.