



Iowa Egg Council

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Want to be Incredible? Eat Eggs

Celebrate May Egg Month by having eggs for breakfast this morning. There are endless recipes for great tasting dishes with eggs, so there's no reason you can't enjoy them for breakfast every day. One of the quickest egg fix-ups is the coffee cup scramble. Simply beat together a couple of eggs and 2 tablespoons water in a coffee mug. Microwave on high for a minute or so; toss in your favorite cheese and seasonings, and you're good to go!

Eggs are all-natural and packed with a number of nutrients. One egg has 13 essential vitamins and minerals in varying amounts, high-quality protein, unsaturated fats and antioxidants, all for 70 calories.

Eggs' nutrients can help you with weight management, muscle strength, eye health, brain function and having a healthy pregnancy. The presence of choline (pronounced KOH-leen) promotes a healthy brain function and pregnancy. The high-quality protein in eggs provides steady and sustained energy that helps start your day off right.

For recipes and breakfast ideas using eggs, visit www.iowaegg.com.

