



IOWA EGG COUNCIL

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FOR IMMEDIATE RELEASE

May is National Egg Month

Urbandale, Iowa (April 22, 2016) – The month of May is dedicated to the incredible, edible egg - nature’s own miracle food! One large egg has only 70 calories, 6 grams of protein and provides 13 vitamins and many minerals that contribute to good health. Eggs contain the highest quality of protein found in any food, along with essential amino acids our bodies need. In fact, the quality of egg protein is so high that scientists frequently use eggs as the standard for measuring the protein quality of other foods! Protein is an important component to building muscle, maintaining muscle and keeping us feeling full and satisfied longer. Not only do eggs contain the highest quality protein, but they are an affordable source of protein at only 17 cents per egg!

Egg whites supply a little more than half an egg’s protein! But don’t forget the yolks – the nutritious gold mine! The yolks contain Vitamin A, riboflavin, and folate, which contribute to eye health and brain function. Lutein and zeaxanthin are also found in the yolk, and they protect against macular degeneration and cataracts. Choline stimulates brain development and function.

Eggs play an important role for pregnant women, especially. An entire egg provides a large amount of B vitamins – nutrients that are key to contributing to healthy brain and nervous system development in babies.

Celebrate May egg month by adding an egg, or TWO to your daily diet! For tasty egg recipes and tips, visit us at iowaegg.org or check us out on Facebook, Twitter and Pinterest!

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