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U.S. Annual Egg Consumption Sees Increase In 2017

Urbandale, Iowa (June 8, 2017) Annual egg consumption has grown since 2015. New reports from the USDA state that Americans consume 275 eggs per person annually. This is an increase from the 268 eggs reported in 2015, as well as the largest increase seen in the last five years.

Recently, eggs have begun to shine in the spotlight due to their versatility. Eggs can be consumed via hardboiled, scrambled, over easy, poached, etc. Not to mention, there are so many foods where eggs contribute to their creation. The affordability of eggs has also greatly impacted this increase.

However, eggs are not just delicious and inexpensive, they are also great for your health. Research studies have shown that eggs positively affect your brain, eyes, heart, muscles, blood, and bones all for only 70 calories. Contrary to past beliefs, eggs are also shown to have no negative impact to blood cholesterol. Eggs are truly amazing, and continue to deliver what consumers are after.

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