

## **Celebrate World Egg Day**

URBANDALE, IOWA – October 9th is World Egg Day! A chance to celebrate the incredible, edible egg! Did you know that 75 billion eggs are produced in the United States alone? World egg production is predicted to reach more than 1.15 trillion eggs by 2015!

Iowa ranks number one in the country in egg production. Iowa's egg farmers produced 16.5 billion eggs in 2014. That is enough eggs to circle the earth 21.39 times!

Eggs continue to offer the nutritional quality consumers look for when purchasing food. Eggs are one of the few foods that naturally contain vitamin D. They also offer the highest quality of protein, contain 13 vitamins and minerals, and only have 70 calories!

Eggs continue to be one of the most versatile foods on the market. Eggs can be scrambled, poached, fried, hard cooked, and baked.

Whether it is a scramble for breakfast, egg salad for lunch, or a taco frittata for dinner, any time is the right time for eggs!

For recipes to celebrate World Egg Day, go to [www.iowaegg.org](http://www.iowaegg.org)

