Image	Facebook	Twitter	Instagram
	Did you know that eggs not only contain 6g	Did you know that eggs not only contain 6g	Did you know that eggs not only contain 6g protein,
AN EGG CONTAINS	protein, they also contain 14 nutrients	protein, they also contain 14 nutrients essential	they also contain 14 nutrients essential for maintaining
6g OF PROTEIN	essential for maintaining a healthy lifestyle!	for maintaining a healthy lifestyle!	a healthy lifestyle!
PLUS 14 ESSENTIAL	How do you enjoy your eggs?	How do you enjoy your eggs?	This includes:
			(;) Choline
	#WorldEggDay	#WorldEggDay	🕑 Vitamin D
			🕑 Vitamin B12
(Contro)			(;) Iron
* world eggday			How do you enjoy your eggs?
			#WorldEggDay
	🗑 Eggs hold the number one spot when it	🗑 Eggs hold the number one spot when it	🗑 Eggs hold the number one spot when it comes to
	comes to protein quality 🗑	comes to protein quality 🕷	protein quality 👹
$\mathbf{X}$	Help us celebrate this protein powerhouse by	Help us celebrate this protein powerhouse by	Help us celebrate this protein powerhouse by sharing
(witten)	sharing your favourite way to enjoy eggs on	sharing your favourite way to enjoy eggs on	your favourite way to enjoy eggs on
	#WorldEggDay!	#WorldEggDay!	#WorldEggDay!
Eggs offer the highest			
quality protein of any			
natural food source!			
world world ay			
egg			
	Eggs are one of the most nutrient dense foods	Eggs are one of the most nutrient dense foods	Eggs are one of the most nutrient dense foods
	available to humankind - meaning they are	available to humankind - meaning they are	available to humankind - meaning they are perfect to
DID YOU KNOW	perfect to help feed the growing world	perfect to help feed the growing world	help feed the growing world population!
EGGS ARE ACTIVELY	population!	population!	
HELPING TO FEED			From Shakshuka in the Middle East to Mexico's Huevos
THE GROWING		From Shakshuka in the Middle East to Mexico's	Rancheros, there are lots of ways to enjoy eggs as part
WORLD	Huevos Rancheros, there are lots of ways to	Huevos Rancheros, there are lots of ways to	of a healthy balanced diet.
POPULATION?	enjoy eggs as part of a healthy balanced diet.	enjoy eggs as part of a healthy balanced diet.	Will you be joining in the global celebrations of the
blace	#WorldEggDay	#WorldEggDay	incredible egg on Friday 9 October?
Seggiay	# Wondeggbay		increatible egg on Friday 5 October :
			#WorldEggDay
	-	•	•

Con average we consume 161 eggs annually!	Did you know that the average person consumes 161 eggs globally? However some egg-loving countries such as Mexico (378 eggs) and Japan (337 eggs) consume far more than this! What is your favourite way to consume eggs? #WorldEggDay	Did you know that the average person consumes 161 eggs globally? However some egg-loving countries such as Mexico (378 eggs) and Japan (337 eggs) consume far more than this! What is your favourite way to consume eggs? #WorldEggDay	Did you know that the average person consumes 161 eggs globally? However some egg-loving countries such as Mexico (378 eggs) and Japan (337 eggs) consume far more than this! What is your favourite way to consume eggs? #WorldEggDay
Eggs are a low impact protein source!	Eggs have been classified as a low impact protein source by the World Resource Institute, making them a healthy and sustainable food choice! #WorldEggDay	Eggs have been classified as a low impact protein source by the World Resource Institute, making them a healthy and sustainable food choice! #WorldEggDay	Eggs have been classified as a low impact protein source by the World Resource Institute, making them a healthy and sustainable food choice! (*) (*) (*) (*) (*) (*) (*) (*) (*) (*) (*) (*) (*) (*) (*) (*) (*) (*)
Eggs are one of the best sources of choline, an essential nutrient for foetal brain development!	Choline is an essential nutrient critical for foetal brain development, but it is often under- consumed! Enjoy eggs as part of a healthy balanced diet to ensure you are getting all of the nutrients you need! #WorldEggDay	consumed!	Choline is an essential nutrient critical for foetal brain development, but it is often under-consumed! Enjoy eggs as part of a healthy balanced diet to ensure you are getting all of the nutrients you need! #WorldEggDay

few foods which	Over 1 billion people are estimated to have low vitamin D levels globally. Eggs are one of the few foods which naturally contain vitamin D, helping to maintain healthy bones and teeth! #WorldEggDay	Over 1 billion people are estimated to have low vitamin D levels globally. Eggs are one of the few foods which naturally contain vitamin D, helping to maintain healthy bones and teeth! #WorldEggDay	Over 1 billion people are estimated to have low vitamin D levels globally. Eggs are one of the few foods which naturally contain vitamin D, helping to maintain healthy bones and teeth! #WorldEggDay
Eggs have several unique health benefits for all stages of life!	Eggs are one of the most nutrient dense foods available, and they also have several unique health benefits! Enjoying eggs as part of a healthy balanced diet provides: (() Nearly all of the vitamins, minerals and antioxidants needed in life; (() A good supply of Choline, an essential nutrient critical for neurocognitive development and health (() The highest quality protein, which is particularly important in elderly populations who have higher protein needs; (() Vitamin D, to help maintain healthy bones and teeth #WorldEggDay	Eggs are one of the most nutrient dense foods available, and they also have several unique health benefits! #WorldEggDay	Eggs are one of the most nutrient dense foods available, and they also have several unique health benefits! Enjoying eggs as part of a healthy balanced diet provides: <ul> <li>Nearly all of the vitamins, minerals and antioxidants needed in life;</li> <li>A good supply of Choline, an essential nutrient critical for neurocognitive development and health</li> <li>The highest quality protein, which is particularly important in elderly populations who have higher protein needs;</li> <li>Vitamin D, to help maintain healthy bones and teeth</li> </ul>