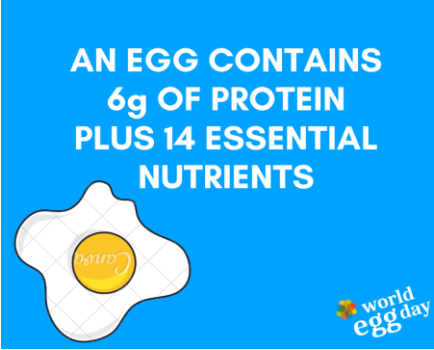









Image	Facebook	Twitter	Instagram
	<p>Did you know that eggs not only contain 6g protein, they also contain 14 nutrients essential for maintaining a healthy lifestyle!</p> <p>How do you enjoy your eggs?</p> <p>#WorldEggDay</p>	<p>Did you know that eggs not only contain 6g protein, they also contain 14 nutrients essential for maintaining a healthy lifestyle!</p> <p>How do you enjoy your eggs?</p> <p>#WorldEggDay</p>	<p>Did you know that eggs not only contain 6g protein, they also contain 14 nutrients essential for maintaining a healthy lifestyle!</p> <p>This includes:</p> <ul style="list-style-type: none"> 🥚 Choline 🥚 Vitamin D 🥚 Vitamin B12 🥚 Iron <p>How do you enjoy your eggs?</p> <p>#WorldEggDay</p>
	<p>🥚 Eggs hold the number one spot when it comes to protein quality 🥚</p> <p>Help us celebrate this protein powerhouse by sharing your favourite way to enjoy eggs on</p> <p>#WorldEggDay!</p>	<p>🥚 Eggs hold the number one spot when it comes to protein quality 🥚</p> <p>Help us celebrate this protein powerhouse by sharing your favourite way to enjoy eggs on</p> <p>#WorldEggDay!</p>	<p>🥚 Eggs hold the number one spot when it comes to protein quality 🥚</p> <p>Help us celebrate this protein powerhouse by sharing your favourite way to enjoy eggs on</p> <p>#WorldEggDay!</p>
	<p>Eggs are one of the most nutrient dense foods available to humankind - meaning they are perfect to help feed the growing world population!</p> <p>From Shakshuka in the Middle East to Mexico's Huevos Rancheros, there are lots of ways to enjoy eggs as part of a healthy balanced diet.</p> <p>#WorldEggDay</p>	<p>Eggs are one of the most nutrient dense foods available to humankind - meaning they are perfect to help feed the growing world population!</p> <p>From Shakshuka in the Middle East to Mexico's Huevos Rancheros, there are lots of ways to enjoy eggs as part of a healthy balanced diet.</p> <p>#WorldEggDay</p>	<p>Eggs are one of the most nutrient dense foods available to humankind - meaning they are perfect to help feed the growing world population!</p> <p>From Shakshuka in the Middle East to Mexico's Huevos Rancheros, there are lots of ways to enjoy eggs as part of a healthy balanced diet.</p> <p>Will you be joining in the global celebrations of the incredible egg on Friday 9 October?</p> <p>#WorldEggDay</p>

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

	<p>Over 1 billion people are estimated to have low vitamin D levels globally.</p> <p>Eggs are one of the few foods which naturally contain vitamin D, helping to maintain healthy bones and teeth!</p> <p>#WorldEggDay</p>	<p>Over 1 billion people are estimated to have low vitamin D levels globally.</p> <p>Eggs are one of the few foods which naturally contain vitamin D, helping to maintain healthy bones and teeth!</p> <p>#WorldEggDay</p>	<p>Over 1 billion people are estimated to have low vitamin D levels globally.</p> <p>Eggs are one of the few foods which naturally contain vitamin D, helping to maintain healthy bones and teeth!</p> <p>#WorldEggDay</p>
	<p>Eggs are one of the most nutrient dense foods available, and they also have several unique health benefits!</p> <p>Enjoying eggs as part of a healthy balanced diet provides:</p> <ul style="list-style-type: none"> ⌚ 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 <p>#WorldEggDay</p>	<p>Eggs are one of the most nutrient dense foods available, and they also have several unique health benefits!</p> <p>#WorldEggDay</p>	<p>Eggs are one of the most nutrient dense foods available, and they also have several unique health benefits!</p> <p>Enjoying eggs as part of a healthy balanced diet provides:</p> <ul style="list-style-type: none"> ⌚ 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 <p>#WorldEggDay</p>