

Brain



One large egg is an excellent source of choline—an essential nutrient critical for fetal (baby) brain development and brain function.

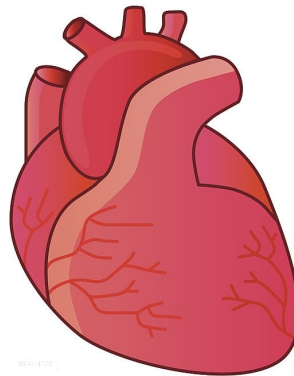
Eating eggs may also be associated with improved cognitive performance in adults.

Eye



Lutein and zeaxanthin are antioxidants found in eggs that can promote eye health as you age.

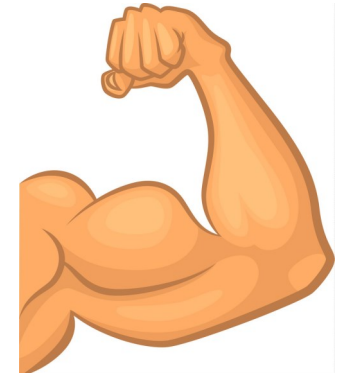
Heart



Research suggests eggs can be a part of a heart-healthy diet.

A recent review showed eating eggs may reduce the risk of stroke by 12 percent.

Muscle



Eating 20-30 grams of protein, from foods like eggs, promotes muscle recovery following exercise.

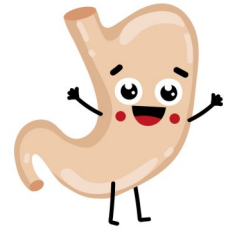
Adequate protein intake also helps prevent muscle loss during aging.

Blood



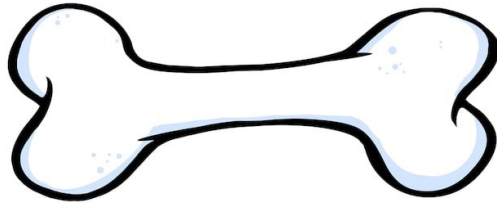
Research studies have shown dietary cholesterol (that can be found in eggs) does not negatively impact blood cholesterol. In fact, eating eggs may increase HDL “good” cholesterol.

Stomach



Eating eggs at breakfast can keep one energized until lunch without the annoying hunger pangs. Researchers suspect that the protein in eggs keeps people feeling satisfied.

Bone



Research has shown dietary eggs are one of the only foods that naturally has vitamin D, a nutrient critical for bone health.