

CELEBRATING EGG DAY

13 Real Facts About Eggs!



egg shell colour doesn't indicate nutritional advantages (egg yolk does)

egg protein helps you feel fuller and eat less

the yolk and the whites have the same amount of protein

colour indicates nutritional differences

EGGS ARE FULL OF PROTEIN

EGGS CONTAIN ALL THE ESSENTIAL VITAMINS AND MINERALS NEEDED

eggs are nature's superfood

the 1st World Egg Day was celebrated in 1996

see how old eggs are by testing their buoyancy

all eggs are hormone-free

eggs are the base for many culinary recipes

eggs are one of the oldest foods known to man

eggs are a source of vitamin D