

6 Great Reasons to Enjoy 6 Eggs a Week!

1. Eggs have the highest quality protein of all foods.
2. Eggs contain over 11 different vitamins and minerals.
3. Eggs are a source of Omega 3 and important antioxidants.
4. Convenient, versatile food for all ages and lifestyles.
5. Good value, easy to cook and yummy.
6. Research supports inclusion of around 6 eggs a week as part of a healthy balanced diet.



For more information go to
www.nutritionfoundation.org.nz

www.eggs.org.nz facebook.com/nzeggs

