

# EGGS CONTAIN NUTRIENTS THAT ARE IMPORTANT FOR HEALTH

## EYE

Egg yolks contain substances that help to benefit **eye** health.

## BRAIN

Eggs have nutrients that are important for **brain** development and function.

## MUSCLE

Eating eggs can help **muscles** recover after exercise.

## HEART

Eggs can be part of a **heart-**healthy diet.

## STOMACH

Eating eggs at breakfast can help your **stomach** feel full until lunch.

## BLOOD

Eating eggs may increase good **blood** cholesterol.

## BONE

Eggs have vitamins that are important for **bone** health.

