

# Eggs



Prevent the morning sugar high and avoid the afternoon crash by starting the day with a high-quality protein breakfast like eggs instead of foods that contain added sugar.

eggs are gluten, carb and



82% OF PARENTS AGREE  
the protein in eggs  
keeps kids fuller,  
longer than cereal



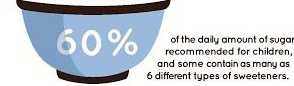
Eggs contain all of the essential amino acids needed to build and maintain muscle, a key component of

**STRENGTH  
AND POWER**

eggs are all natural and provide one of the highest quality proteins of any food available; 1 egg provides more than **6 GRAMS OF PROTEIN** and nearly half is found in the yolk



a single serving of cereal can exceed



6oz of flavored yogurt  
can contain more than  
**6 TEASPOONS OF SUGAR**



Children should eat no more than  
**3 to 4** teaspoons of sugar  
per day



a typical serving of sugary cereal  
can contain as much sugar as  
**3 CHOCOLATE  
CHIP COOKIES**



What essential nutrient that makes you strong are eggs rich in?

Why do parents think that eggs are better than cereal?

Can you think of some reasons why sugar is considered bad for your health?

What substances are eggs "free" of according to the graphic?

Where should eggs be stored?

## EGGS TO THE RESCUE!

These quick and easy egg recipes are perfect for fuel on-the-go:

- EGG, SAUSAGE & CHEESE BREAKFAST PUZZLE SANDWICH**
- MICROWAVE EGG, CANADIAN BACON & CHEESE MUFFIN**
- EASY HARD-BOILED EGGS**



1. Environmental Working Group, "Children's Cereals: Sugar by the Pound," <http://www.ewg.org/research/childrens-cereals>
2. The use of biological value of protein in evaluating its quality for human requirements, Jozsef FODY, WPKS, ANU Expert Consultation on Energy and Protein Requirements, 1981.
3. Layman DK. Protein quantity and quality at levels above RDA improves adult weight loss. J Am Coll Nutr 2004; 23(4):631-636S
4. Impulse Research for American Egg Board. Survey conducted online with random sample of 1000 total individuals who have kids in school (K-12). Research was conducted in June 2010. Overall sampling error for survey is +/- 3% at the 95% level of confidence.
5. American Heart Association, Inc.



# Eggs

Pictured to the side is a liquid egg product that can be used as alternative to eggs. It has been pasteurized. Milk that you buy in the store has also been pasteurized.

What does [pasteurized](#) mean? (follow the link or search on the internet).



[Watch this video about eggs from free range and caged chickens](#)