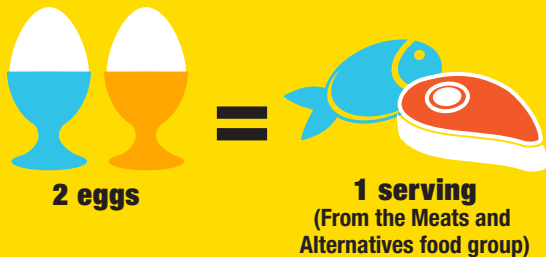


# The Power of Eggs

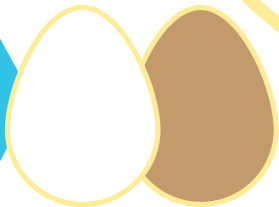
## CANADIAN EGGS

Canadian eggs are fresh, local and high quality.

## ACCORDING TO Canada's Food Guide



White and brown eggs have the **SAME NUTRITIONAL VALUE**



**1** large egg = **5** grams of fat and **70** calories

A large egg provides **6 grams** of high-quality protein, which helps build antibodies and repair muscles.

**50%** of your daily requirement of vitamin B12, which helps protect against heart disease.

Eggs provide 14 important nutrients such as **vitamins A, D and E, folate, iron, zinc and choline**—eating eggs is good for your **bones, teeth, skin and eyes.**

**DON'T SKIP THE YOLK!**

Most of the egg's nutrition is in the yolk, including half the protein.

Want to know more about egg nutrition?

[aneggadayisok.ca](http://aneggadayisok.ca)



**Eggs. Natural Goodness.**