



The Incredible Edible Egg

Nutrition tips from DuPage Senior Citizens
Council and Kane Senior Council

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Eggs are more expensive than ever, are they worth the expense?

Eggs often get a bad wrap and lately they are so expensive that many have likely cut back on their consumption.

Let's look at how eggs can be part of a balanced diet

Did You Know?

Fun Facts

- An eggshell can have as many as 17,000 pores.
- Breed determines the eggshell color. Commercial eggs are brown or white, but some breeds can also lay blue, green, or pink eggs.
- Duck eggs are higher in fat and better for baking.
- An average hen lays 300 to 325 eggs per year.
- It takes a chicken 24 to 26 hours to produce an egg.
- As hens age, their eggs become larger.

Health Benefits

A single large egg contains:

- Vitamin A: 8% of the DV (daily value)
- Folate: 6% of the DV
- Pantothenic acid (vitamin B5): 14% of the DV
- Vitamin B12: 23% of the DV
- Riboflavin (vitamin B2): 20% of the DV
- Phosphorus: 7% of the DV
- Selenium: 28% of the DV

Eggs also contain a good amount of vitamin D, vitamin E, vitamin B6, calcium, and zinc.

Each large egg has 78 calories, 6 grams of protein, and 5 grams of fat.

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More Health Benefits Of Eggs

Egg yolks are one of the few foods that naturally contain Vitamin D.

It is true that eggs are high in cholesterol; a single egg contains 186mg, however, it's important to keep in mind that cholesterol in the diet may not necessarily have an impact on blood cholesterol levels or the risk of heart disease in all people. People with normal cholesterol without a family history of high cholesterol are usually not affected by the cholesterol in a moderate amount of egg consumption.

- Eating eggs consistently leads to elevated levels of HDL (the “good”) cholesterol, which is linked to a lower risk of many diseases.
- Eggs are among the best dietary sources of choline, a nutrient that is very important but most of us do not get enough.
- Eggs are fairly high in quality animal protein and contain all the essential amino acids that humans need. Keep in mind that the majority of the protein in an egg is found in the white part.

If you are looking to increase protein in your diet but not fat, fill up on egg whites instead of the whole egg.

The antioxidants lutein and zeaxanthin are important for eye health and can help prevent macular degeneration and cataracts.

Eggs are good sources of both antioxidants.



Eggs are full of nutrients, readily available and delicious. Hard boiled, scrambled or fried; eggs can be a part of a healthy and balanced diet.