What is the Virginia Egg Council?
We represent all who sell eggs in Virginia and work hard to get nutrition information about eggs out to Virginians like you and your patients.

Where do we get our nutrition information?
From the American Egg Board and the Egg Nutrition Center who have kept track of 40 years of dietary cholesterol and other nutrition based research and the scientists have come up with some really positive facts about eggs.

What’s the latest research about eggs?
- Eggs contain 14% less cholesterol than previously reported – at 185mg per egg, folks can feel more comfortable enjoying eggs.
- Eggs are the gold standard for top quality protein since they contain all the amino acids in the correct amounts.
- Eggs contain 13 essential nutrients, in varying amounts, including choline, iron, zinc, folate, protein and some important antioxidants for 70 calories.
- Eggs are an excellent source of choline, which helps with memory and brain development, nearly all of which is in the yolk, which also contains 10% of your Daily Value of Vitamin D.
- Research shows that starting your day with top quality protein (like eggs) will keep you satisfied longer and you’ll be less likely to snack.
- HDL/LDL ratio is not significantly impacted with egg consumption, so enjoying and egg or two a day is fine, particularly if you consume lower fat, nutrient rich foods throughout the rest of the day.

How to reach us?
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What’s Free?
All our brochures can be sent to you in packs of 25. Give us a call.