

EGGS ARE ENDLESSLY VERSATILE

Eggs are easy to prepare and easy to love at any age... and at any meal. While eggs are traditionally viewed as a go-to breakfast food, they also make great snacks or a delicious protein option in balanced lunches and dinners. Prep hard-boiled eggs for an afternoon snack, add an egg to your burger, or make a savory frittata for lunch. But no matter when you eat eggs, they'll keep you energized as a compact, natural source of vitamins and minerals. Whether you prefer them boiled, scrambled, poached, baked, or deviled, eggs are a high-power, low-maintenance food.

RADIO OR VIDEO SCRIPT



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