

Eggs for Growing Kids

Six kid-sized reasons a daily egg helps your child grow, learn and see well

A Complete Protein For Growing Kids

One large egg has about 6.3g complete protein, all nine amino acids a child needs to build muscle, skin and new cells.

Source: [USDA Agricultural Research Service](#)

Choline Fuels Early Brain Growth

An egg supplies choline, a nutrient the brain and nervous system need for memory, mood and muscle control during childhood.

Source: [NIH Office of Dietary Supplements](#)

Vitamin D Helps Build Strong Bones

Egg yolk is one of few natural food sources of vitamin D, which helps the body absorb calcium so growing bones develop strong.

Source: [NIH Office of Dietary Supplements](#)

Lutein And Zeaxanthin Support Young Eyes

Egg yolk carries lutein and zeaxanthin, plant pigments that gather in the macula and help filter light and protect eye cells.

Source: [National Library of Medicine](#)

B12 Keeps Blood And Nerves Healthy

Vitamin B12 in eggs helps the body make healthy red blood cells and DNA, and keeps nerve cells working well as kids grow.

Source: [NIH Office of Dietary Supplements](#)

Egg Eating Kids Get More Key Nutrients

A US study found children who eat eggs take in more protein, choline, lutein and zeaxanthin daily than kids who skip them.

Source: [Nutrients journal, via NIH](#)

IN SHORT

A good egg on the breakfast table is a small daily habit behind a lot of a Multan child's growing.

References

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