



Brain Food For School Days

What eggs give growing kids: sharp minds, strong bones, and better nutrition.

Protein For Growing Bodies

One large egg has about 7 grams of protein, made of amino acids the body uses to build and repair muscle, skin, and other tissue as kids grow.

Source: [MedlinePlus \(NIH\)](#)

Choline Supports Memory And Thinking

Choline helps the body make a brain chemical involved in memory and thinking. Eggs are one of the richest natural sources of choline in a growing child's diet.

Source: [Harvard T.H. Chan School of Public Health](#)

Vitamin D Builds Strong Bones

Vitamin D helps the body absorb calcium, the mineral kids need for normal bone growth. Eggs are one of the few natural food sources of vitamin D.

Source: [MedlinePlus \(NIH\)](#)

B12 Keeps Blood And Nerves Healthy

Vitamin B12 helps the body make red blood cells and keep the nervous system working well. Eggs are a natural source of B12 for growing kids.

Source: [MedlinePlus \(NIH\)](#)

Egg Eaters Get More Key Nutrients

A study of U.S. children found egg eaters had higher intakes of protein, choline, and lutein plus zeaxanthin than kids who skipped eggs. It ran in a peer reviewed nutrition journal.

Source: [Nutrients \(peer reviewed journal\)](#)

IN SHORT

A good egg at breakfast is a small, steady gift to your child's growing body, sharp mind, and busy Multan school day.

References

1. [MedlinePlus \(NIH\)](#) <https://medlineplus.gov/ency/article/002467.htm>
2. [Harvard T.H. Chan School of Public Health](#) <https://nutritionsource.hsph.harvard.edu/choline/>
3. [MedlinePlus \(NIH\)](#) <https://medlineplus.gov/ency/article/002405.htm>
4. [MedlinePlus \(NIH\)](#) <https://medlineplus.gov/ency/article/002403.htm>
5. [Nutrients \(peer reviewed journal\)](#) <https://pmc.ncbi.nlm.nih.gov/articles/PMC6566164/>



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