

Eggs for Growing Children

What growing children get from eggs, backed by real nutrition research

Complete Protein for Growth

One large egg has about 6.3g of complete protein, all nine amino acids a child needs to build muscle. Egg-eating kids average roughly 7g more protein a day, a US study found.

Source: [National Library of Medicine \(NCBI, peer-reviewed\)](#)

Choline Fuels a Growing Brain

One egg carries 147mg of choline, over half an 8-year-old's daily need. Choline supports normal brain development, and most children fall short of it.

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

Vitamin D for Strong Bones

Vitamin D helps the body absorb calcium, a building block of strong bones. Egg yolks give a small daily contribution of vitamin D, alongside beef liver and cheese, while fatty fish remain the richest natural source.

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

B12 for Nerves and Blood

Vitamin B12 keeps nerve and blood cells healthy and helps the body make DNA. Eggs are a natural source, alongside fish, meat and dairy.

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

Lutein for Growing Eyes

Lutein and zeaxanthin are nutrients that build up in a child's eyes. A US study found egg-eating children took in far more of them daily than children who ate none.

Source: [National Library of Medicine \(NCBI, peer-reviewed\)](#)

IN SHORT

A good egg at breakfast is a small daily gift to your growing child, right here in Multan.

References

1. [National Library of Medicine \(NCBI, peer-reviewed\)](#) <https://pmc.ncbi.nlm.nih.gov/articles/PMC6566164/>
2. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/>
3. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>
4. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/>
5. [National Library of Medicine \(NCBI, peer-reviewed\)](#) <https://pmc.ncbi.nlm.nih.gov/articles/PMC6566164/>



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