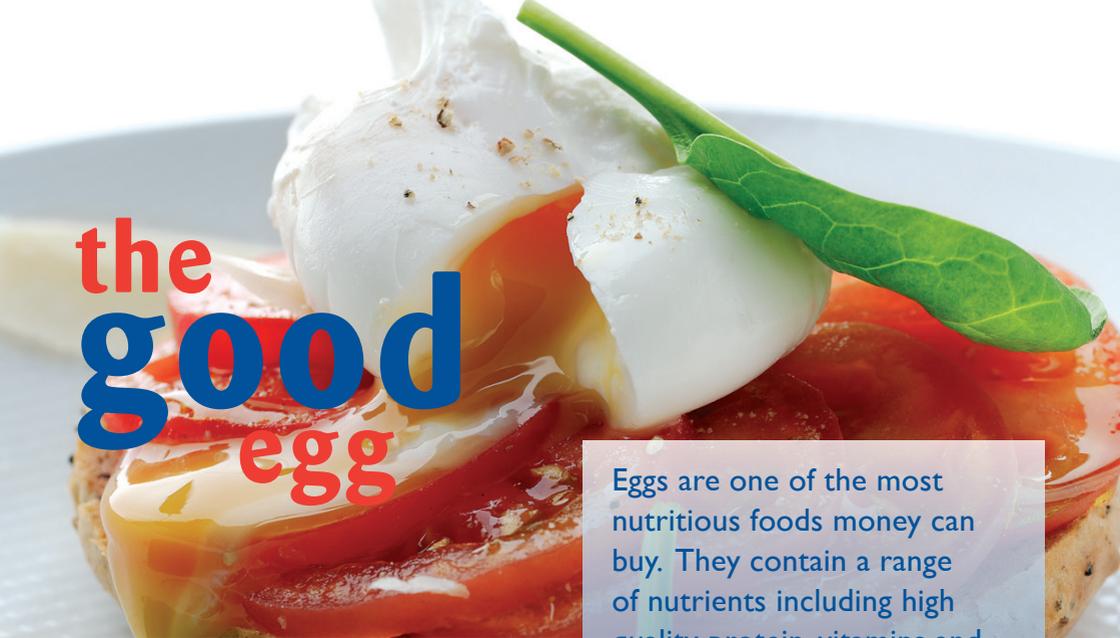
The image features two brown eggs, each resting in a silver egg cup. The egg in the foreground is the primary focus, with a red lion logo embossed on its surface. The background egg is slightly out of focus. The overall scene is set against a light blue gradient background.

# the eggs factor

the **good** egg  
the **inside** story  
egg **labelling**  
look for the **Lion**

[egginfo.co.uk](http://egginfo.co.uk)



# the good egg

Eggs are one of the most nutritious foods money can buy. They contain a range of nutrients including high quality protein, vitamins and minerals so they are a healthy fast food when eaten as part of a balanced diet.

## vitamins and minerals

Eggs contain a range of essential nutrients. They are naturally rich in vitamin B<sub>2</sub> (riboflavin), vitamin B<sub>12</sub>, vitamin D, selenium and iodine. They also contain vitamin A and a number of other B vitamins including folate, biotin, pantothenic acid and choline, and other essential minerals and trace elements, including phosphorus.

Vitamins and minerals in an egg	Per medium size egg	% NRV*
Vitamin A	64mcg	8%
Vitamin D	1.6mcg	32%
Riboflavin (B <sub>2</sub> )	0.25mg	18%
Vitamin B <sub>12</sub>	1.4mcg	56%
Folate	24mcg	12%
Biotin	10mcg	20%
Pantothenic acid	0.7mg	12%
Choline	144mg	36%**
Phosphorus	91mg	13%
Iodine	25mcg	17%
Selenium	12mcg	22%

\*Nutrient Reference Value

\*\*Adequate Intake (AI) - 400mg per day for adults (European Food Safety Authority 2016)

## energy

A medium egg contains fewer than 70 calories.

## cholesterol

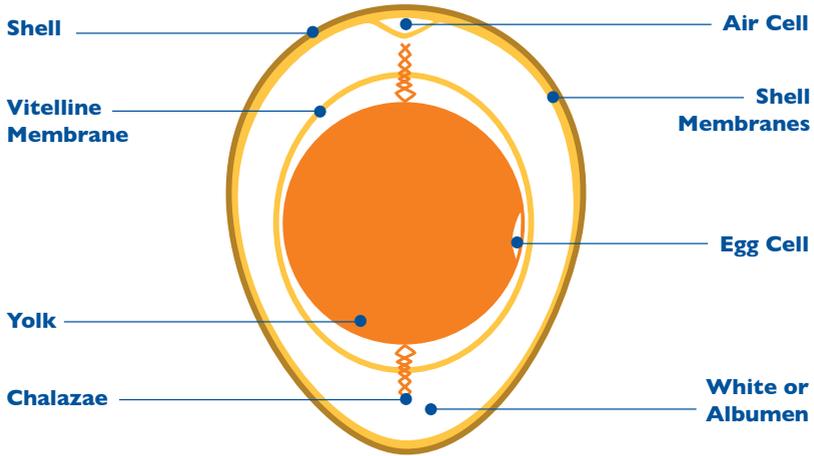
Health experts have confirmed that the cholesterol in eggs has a negligible effect on blood cholesterol for most people and all major heart and health advisory groups have lifted their previous limits on egg consumption.

## protein

Eggs are one of the best sources of natural, high quality protein on supermarket shelves - on average, a medium-size egg contains around 6.4 grams of protein.

For more detailed nutrition information see [egginfo.co.uk](http://egginfo.co.uk)

# the inside story



## egg labelling

**Farming Method**  
0 = Organic  
1 = Free Range  
2 = Barn  
3 = Cage

**Country of Origin**  
e.g UK

**Lion Mark**  
British eggs from hens vaccinated against salmonella and produced to a strict Code of Practice meaning they are safe for everyone to eat runny or raw

**Best Before**  
Date

**Farm ID**  
A specific code denoting the actual farm where your eggs were produced

**OUK54321**  
BB day/month

The diagram shows a white egg-shaped label on a blue background. The label contains the text 'OUK54321' in large blue letters, with 'BB day/month' in smaller black letters below it. To the left of the text is a red lion rampant logo. Lines connect the text to the surrounding explanatory text boxes.

# look for the lion

**The British Lion mark is your guarantee that the eggs you buy have been produced to the highest food safety standards.**

The British Lion mark on egg boxes and egg shells shows that the eggs have been produced to an extensive Code of Practice:

- All Lion Quality eggs are British
- British Lion eggs come from hens that have been vaccinated against salmonella
- The hens, eggs and feed are fully traceable
- All British Lion eggs have a 'best before' date stamped on the shell to ensure freshness
- All farms and packing stations are regularly checked by an independent auditor to ensure that they continue to comply with the Code
- In October 2017 the Food Standards Agency issued new advice stating that **eggs with the British Lion mark can now safely be eaten runny, or even raw**, by vulnerable groups such as pregnant women, young children and elderly people.

The British Lion mark covers all systems of production – cage, barn, free range and organic – so whatever type of egg you choose, make sure you look for the Lion.

**If there's no Lion on the shell, it's not a Lion egg!**



[egginfo.co.uk](http://egginfo.co.uk)

