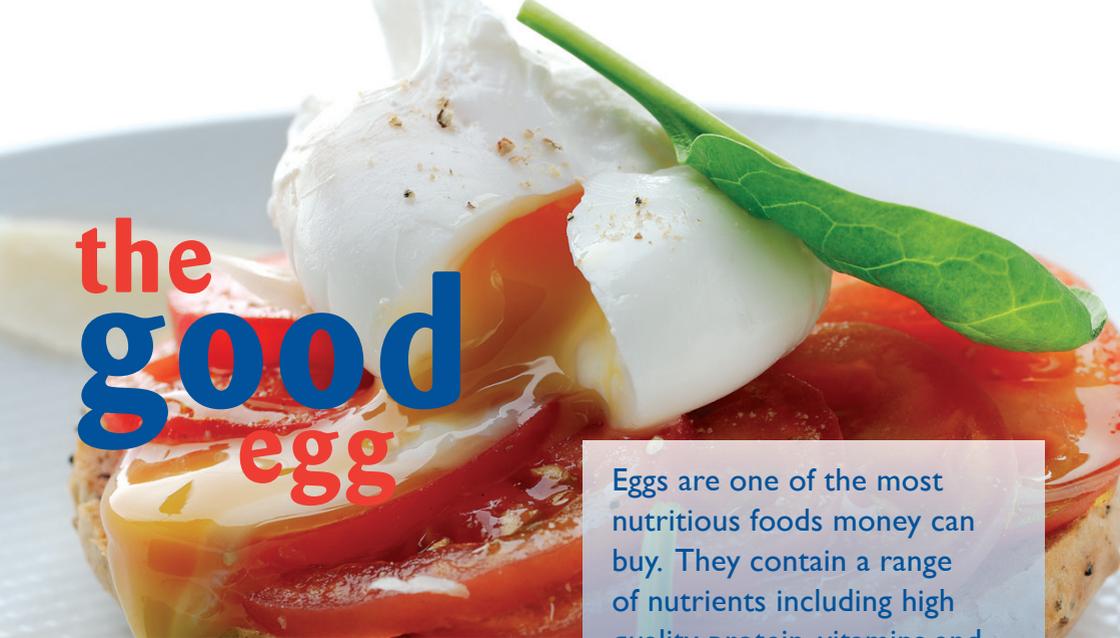
The image features two brown eggs, each resting in a silver egg cup. The egg in the foreground is in sharp focus, while the one behind it is slightly blurred. Both eggs have a red lion logo embossed on their surface. The background is a light blue gradient. The text 'the eggs factor' is overlaid on the right side of the image.

the
eggs
factor

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

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 B₂ (riboflavin), vitamin B₁₂, 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 ₂)	0.25mg	18%
Vitamin B ₁₂	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

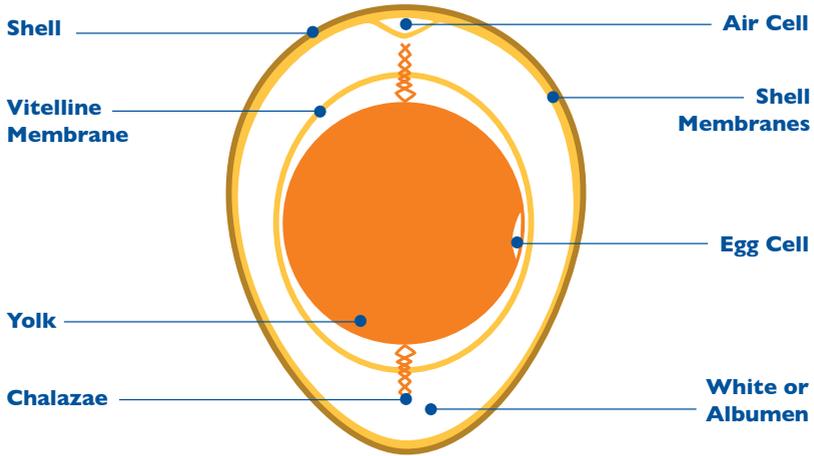
Health experts have confirmed that the cholesterol in eggs has a negligible effect on blood cholesterol for most people and all major heart and health advisory groups have lifted their previous limits on egg consumption.

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

the inside story



egg labelling

The diagram shows a white egg-shaped label on a blue background. The label contains the text: **OUK54321** and **BB day/month**. A red lion logo is positioned to the left of the text. Callout boxes provide details for each part of the label:

- 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

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

