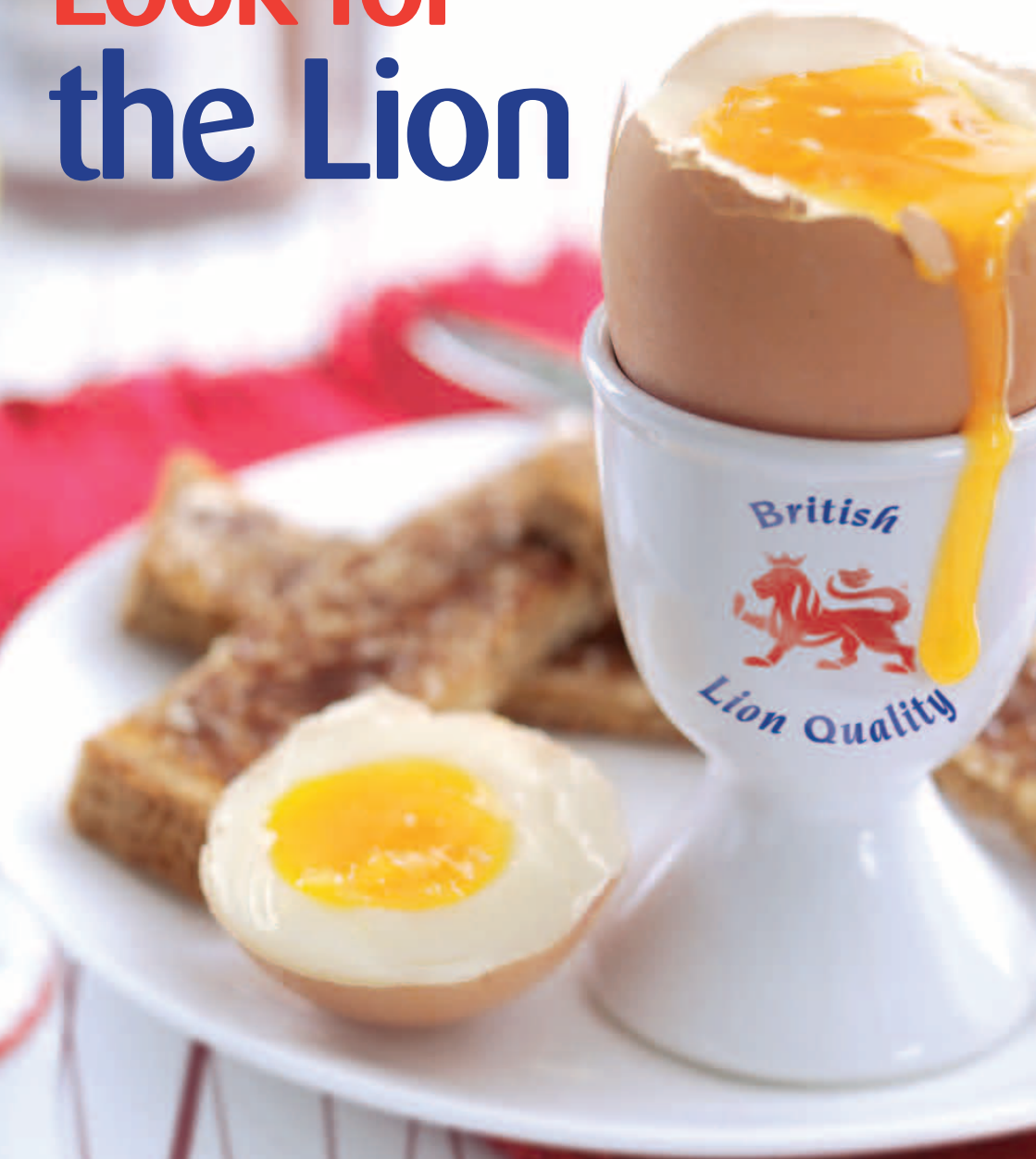


# Look for the Lion



## 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

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.

Eggs are nutritious, inexpensive and easy to cook.

They are one of the best sources of high quality protein on supermarket shelves and contain a range of essential nutrients such as vitamin A, vitamin D, vitamin B2 (riboflavin), vitamin B12, folate, iodine and selenium. A medium egg contains around 80 calories.

More good news is that previous limits on egg consumption have been lifted as health experts have confirmed that for most people they have a negligible effect on blood cholesterol.

So there are lots of good reasons to enjoy eggs every day!

British Egg Information Service  
52a Cromwell Road, London SW7 5BE  
020 7052 8899 [www.egginfo.co.uk](http://www.egginfo.co.uk)

