

### **March 30: Eggs**

In 2019, Indiana ranked 3<sup>rd</sup> in egg production in the United States behind Ohio and Iowa. A case of eggs contains 30 eggs and the United States produced 275 million cases of eggs in 2019. Over half of these eggs were sold as shelled eggs through retail stores, some used as ingredients for products in food service, manufacturing, and retail, and roughly 7.6 million cases of shell eggs were exported. It's estimated that an average American eats about 290 eggs each year. Many of these eggs are consumed on the ultimate egg holiday- Easter!

Hard-boiled eggs are a fun way to express creativity this time of year. Decorating the shell of cooked eggs can be enjoyed by those of all ages. Use paint, markers, crayons, juices of fruits and vegetables to color, or combination of multiple mediums to decorate! Unpeeled, hard boiled eggs can be stored in the refrigerator for up to one week and make a great grab-and-go breakfast/snack or perfect topper to a salad. They can also be used to make a batch of deviled eggs or served with avocado and toast.

Eggs are a nutrient-dense choice, providing a good or excellent source of eight essential nutrients. Essential nutrients are those that our bodies cannot make enough of themselves and must get from food. These vitamin/mineral and protein packed eggs are great for consumers. When looking at the case of eggs in the store, know that the nutritive content of eggs is similar regardless of color (white or brown, blue or green), grade (AA, A or B) or how they are raised (organic, free-range and conventional). Eggs are a natural nutrition powerhouse but eggs laid from hens who are given a diet rich in vitamin D or omega-3 fatty acids can enhance those nutrients in eggs. Due to higher production costs of incorporating these nutrients into feed, these specialty eggs are usually more expensive than generic shell eggs.