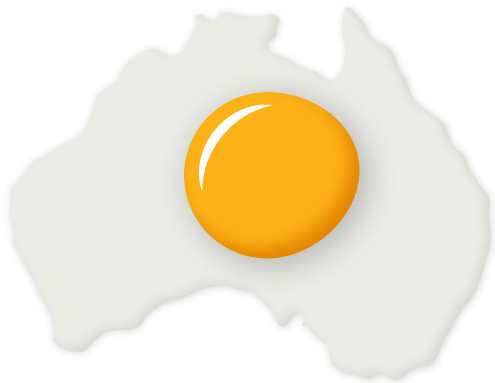


EGGSTRAORDINARY FACTS



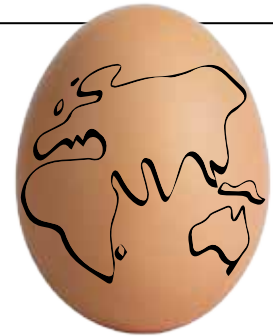
95%
OF AUSTRALIANS
EAT EGGS



ON AVERAGE AUSSIES EAT OVER
5 EGGS A WEEK*



EGGS CONTAIN
THE HIGHEST QUALITY
PROTEIN ON THE
PLANET



EGGS ARE UNBEATABLE FOR PREGNANT WOMEN, KIDS AND SENIORS



EGGS CONTAIN **11** ESSENTIAL
VITAMINS & MINERALS



EGG YOLK IS THE
PERFECT
INGREDIENT FOR A NATURAL HAIR MASK

AUSSIES UNDER **EAT THE MOST**
35 EGGS

AUSSIES OVER **EAT THE LEAST**
60 EGGS

UNBEATABLE ALL DAY

42% OF EGGS ARE
EATEN FOR
BREAKFAST



UNBEATABLE EVERY DAY

51% OF EGGS ARE
EATEN ON
WEEKDAYS

58% OF EGGS ARE
EATEN FOR
LUNCH/DINNER

49% OF EGGS ARE
EATEN ON
WEEKENDS

EGGS ARE GREAT FOR

**HANG
OVERS**



UNBEATABLE
FARMERS.
UNBEATABLE
EGGS.

FOR MORE INFORMATION CONTACT AUSTRALIAN EGGS ON 02 9409 6999 OR CONTACTS@AUSTRALIANEGGS.ORG.AU

EGGSTRAORDINARY FACTS

AUSSIE LOVE THEIR EGGS

#1



SCRAMBLED

#2



FRIED

#3



BOILED

#4



OMELETTE

#5



POACHED

#6



QUICHE



THE AUSTRALIAN DIETARY GUIDELINES SAY YOU CAN EAT

EGGS EVERY DAY*

LOW IN CALORIES AND PACKED WITH PROTEIN, EGGS ARE GREAT BEFORE OR AFTER A

WORKOUT



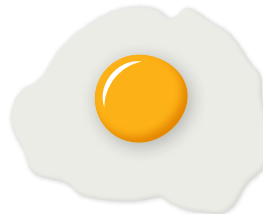
OF AUSSIES SAY THEY ARE EGG LOVERS

ONE EXTRA LARGE EGG HAS LESS CALORIES THAN ONE MEDIUM APPLE



305CAL

VS



290CAL

THE MORE EGGS AUSSIE'S CONSUME, THE BETTER THEIR

CSIRO DIET SCORE



EGGS ARE A HIGHLY NUTRITIOUS SUPPLEMENT FOR YOUR **CATS AND DOGS**



UNBEATABLE FARMERS. **UNBEATABLE EGGS.**

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