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FACT SHEET

Eggstra-ordinary Facts

Throughout the past decade, egg consumption has been steadily rising and has reached its highest point in over 20 years. Better understanding of the nutritional and health aspects of eggs, combined with their versatility and low cost, have brought renewed growth to the egg category, according to the American Egg Board.

Egg Consumption

- Per capita consumption of eggs in 2004 was 256.5.¹
- Since 1998, the share of eggs in retail stores has increased from 55 percent to 60 percent. That translates to over four million more eggs being sold at retail each year. Of the eggs sold at retail, 89 percent of sales occurred in supermarkets and super-centers.²
- Families with children account for the majority of egg consumption. Over half of all egg sales are made to families with children.²
- Eggs are eaten an average of 1.8 times per week and are included in 7.8 billion trips to stores each year.²
- Consumer demand for eggs is expected to grow, spurred by increased interest in health, wellness and nutrition. The specialty egg segment, particularly natural and organic, should continue its rapid rate of growth. These subcategories are particularly popular with younger consumers and are helping to increase the popularity of eggs.²
- Demographic changes in America suggest a continuing increase in egg sales for the future. Asians, Hispanics and individuals over 50 all consume more eggs than average and these are three of the fastest growing consumer segments. Collectively, they account for nearly half of the entire U.S. population.²

Eggs and Health

- Recent research has highlighted the special nutritional role that eggs can play in reducing the risk of age-related macular degeneration and how choline and folate found in eggs are particularly important for expectant mothers.²
- According to the American Heart Association (AHA), omega-3 fatty acids benefit the hearts of healthy people, and those at risk of — or who have — cardiovascular disease.³ Healthy people should eat omega-3 fatty acids from fish and plant sources to protect their hearts, according to AHA recommendations.⁴

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- The U.S. Food and Drug Administration approved the availability of a qualified health claim which states: “Supportive, but not conclusive, research shows consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.” Egg Creations, which contains omega-3 fatty acids from menhaden fish oil, provides 130 mg of DHA and 130 mg of EPA omega-3 fatty acids per serving.
- Lutein has been linked to promoting healthy eyes by reducing the risk of macular degeneration, a serious eye disease that affects 10 million Americans and is a leading cause of vision loss. Other work suggests that lutein may play a role in helping to reduce the risk of cataracts.⁵ Egg Creations provides 400 mcg of lutein per serving.

Fun Chicken-and-Egg Facts

- Chicken-and-egg trivia: A hen requires 24 to 26 hours to produce an egg. Thirty minutes later, she starts all over again.²
- Chicken feed: A chicken consumes four pounds of feed to make a dozen eggs.²
- Chickens and their descendants: It is believed that Christopher Columbus’ ships carried to this country the first of the chickens related to those now in egg production.²
- Egg-cooking record: Howard Helmer, the “Omelet King,” is in the Guinness Book of World Records for making 427 two-egg omelets in 30 minutes.²
- Expensive eggs: The most expensive egg ever sold was the Faberge “Winter Egg” sold in 1994 for \$5.6 million.²

-30-

¹ U.S. Dept of Agriculture; American Egg Board – www.aeb.org.

² American Egg Board – www.aeb.org.

³ American Heart Association Recommendation, “Fish and Omega-3 Fatty Acids” – www.americanheart.org.

⁴ American Heart Association Statement, November 18, 2002 – www.americanheart.org.

⁵ Lutein Information Bureau – www.luteininfo.com.