

# **Eggland's Best Drops Calorie Count for its Eggs**

Eggland's Best

CEDAR KNOLLS, N.J. (PRNewswire) — After years of testing, Eggland's Best (EB) is proud to announce that the calorie count for their large eggs has been reduced from 70 calories to 60 calories.

"Three different outside labs were used to confirm the lower calorie content," said Bart Slaugh, PhD, Director of Quality Assurance at Eggland's Best. "The calorie count of EB eggs dropped ten calories, which correlates with a lower level of total fat and calories from fat."

Eggland's Best can attribute the lower calorie count to their quality assurance and superior hen feeding program. In fact, Eggland's Best ensures that its wholesome all-vegetarian hen feed never contains added hormones, antibiotics or steroids of any kind and is free of any animal fat, animal byproducts, or recycled or processed foods.

"A common goal for many of my clients is to lose weight. That often requires cutting calories and eating enough protein," said Registered Dietitian Lyssie Lakatos. "I recommend lean proteins like Eggland's Best eggs because two EB eggs provide 26 percent of the protein your body needs in a day. Also, using two EB eggs in place of higher fat foods will save you additional calories and help you reach your goal."

In addition to 10 fewer calories, compared to ordinary eggs EB eggs have 25 percent less saturated fat, four times the vitamin D, 10 times the vitamin E and twice the amount of omega-3 fatty acids. Eggland's Best eggs also contain 38 percent more lutein and provide a good source of vitamins B2 (riboflavin), and B5.

Eggland's Best eggs are also the leader in egg freshness. A recent independent study from the Journal of Applied Poultry Research concluded that Eggland's Best's high-quality hen feed and superior production processes results in eggs that stay fresher longer.

"At Eggland's Best, we are always working towards creating the perfect egg and a 60 calorie egg is one step closer towards that goal," said Charlie Lanktree, President and CEO of Eggland's Best. "Eggland's Best eggs are a great tasting nutritious food to eat at any time of the day."

You can find the updated 60 calorie count on all EB large egg cartons, including their classic, organic and cage-free varieties. Eggland's Best eggs are also available in extra large, jumbo, hard-cooked and peeled and liquid egg whites.

For more information on Eggland's Best eggs, please visit [www.egglandsbest.com](http://www.egglandsbest.com) [1].

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### *About Eggland's Best Eggs*

*Eggland's Best (EB) is the No. 1 branded egg in the U.S. and is superior in nutrition, taste and freshness. EB eggs have four times the Vitamin D, more than double the Omega-3, 10 times the Vitamin E and 25 percent less saturated fat than ordinary eggs. Eggland's Best hens are fed a strictly controlled, high-quality, all-vegetarian diet which results in a fresher and lower calorie egg. One large EB egg contains 60 calories, which is 10 calories less than an ordinary egg.*

*Eggland's Best has been recognized as Product of the Year in the egg category by Product of the Year USA and has received food awards from Women's Health, Men's Health and Prevention.*

*The distinctive "EB" stamp on the shell assures consumers and food service customers that the eggs meet the highest production standards. EB eggs are available in medium, large, extra-large, jumbo, cage-free, organic, hard-cooked and peeled, liquid egg whites, and are certified as Kosher. For more information, visit [www.egglandsbest.com](http://www.egglandsbest.com) [2].*

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[2] [http://cp.mcafee.com/d/FZsS93gsrhoKYM-OyqekPtPqdSnPhOOC-MyrhKO-qemkTTPqdShOrPNEVj76QrI6zAQsKcFI6zASIScKAGg-945qwpS4Z8-HW4JVstG1DojQzWLEiTBPoVzm6nmn-LOrb1EVopd7fnKnjph7sOM-qemn7emKDp55I6UXBgY-F6IK1FJcSMrLob2rPUV5xcQsCXCM0nAi9-MgEg-A-nMSITgCaQ-9CILE2BEMYNgNafYKr7f9Tdzh4yvi43hfgQg3fQCq80nVDZfEq80HkNYjh09qvmcLd40BIK4Ph0Xm9Ew3pQd40Qh8QdLLC\\_VSIIWzn](http://cp.mcafee.com/d/FZsS93gsrhoKYM-OyqekPtPqdSnPhOOC-MyrhKO-qemkTTPqdShOrPNEVj76QrI6zAQsKcFI6zASIScKAGg-945qwpS4Z8-HW4JVstG1DojQzWLEiTBPoVzm6nmn-LOrb1EVopd7fnKnjph7sOM-qemn7emKDp55I6UXBgY-F6IK1FJcSMrLob2rPUV5xcQsCXCM0nAi9-MgEg-A-nMSITgCaQ-9CILE2BEMYNgNafYKr7f9Tdzh4yvi43hfgQg3fQCq80nVDZfEq80HkNYjh09qvmcLd40BIK4Ph0Xm9Ew3pQd40Qh8QdLLC_VSIIWzn)