

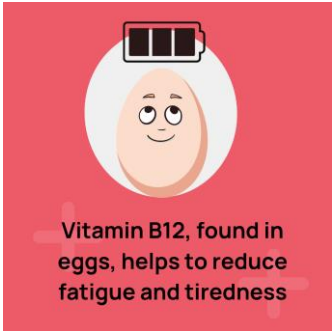


## Eggs, supporting a fairer and healthier world

World Health Day is celebrated on 7 April every year to increase awareness of important global health issues. This year the global egg industry is delighted to support the World Health Organization (WHO) in raising awareness of the need to build a fairer and healthier world.

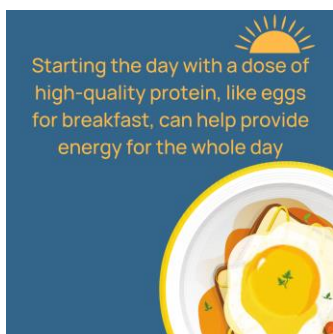
To celebrate World Health Day, the IEC has developed a range of graphics you can share on social media to promote how enjoying eggs as part of a balanced diet can support a fairer and healthier world.

**[Download from the IEC website here](#)**

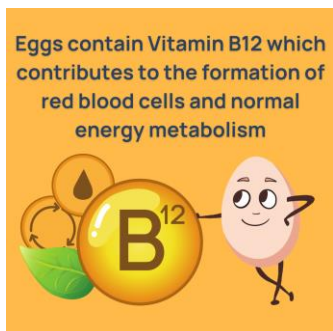
	<p>Eggs provide the highest quality protein of any food source, closely matching human requirements for essential amino acid. Find out more here: <a href="https://bit.ly/39rBXV7">https://bit.ly/39rBXV7</a> #WorldHealthDay #HealthForAll</p>
	<p>Choline is an essential nutrient which is critical for brain health at all stages of a person's life. Find out more here: <a href="https://bit.ly/39rBXV7">https://bit.ly/39rBXV7</a> #WorldHealthDay #HealthForAll</p>
	<p>Vitamin B12 is only present in animal-sourced foods, or those that have been fortified. Vitamin B12, found in eggs, helps reduce fatigue and tiredness. Learn more: <a href="https://bit.ly/39rBXV7">https://bit.ly/39rBXV7</a> #WorldHealthDay #HealthForAll</p>



Eggs are one of the few foods which naturally contain vitamin D, so enjoying them as part of a healthy balanced diet can support you to meet your daily requirements. Learn more: <https://bit.ly/39rBXV7> #WorldHealthDay #HealthForAll




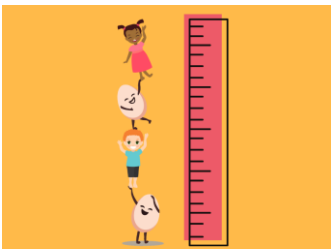

Starting the day with a dose of high-quality protein, like eggs for breakfast, can help provide energy for the whole day. Learn more: <https://bit.ly/39rBXV7> #WorldHealthDay #HealthForAll



Eggs are a natural source of vitamin B12 which contributes to the formation of red blood cells and normal energy metabolism. Find out more: <https://bit.ly/39rBXV7> #WorldHealthDay #HealthForAll



Eggs contain one of the highest amounts of choline of any food, making them a great addition to the diets of pregnant and lactating women. Learn more: <https://bit.ly/39rBXV7> #WorldHealthDay #HealthForAll

 <p>Adding eggs to a vegetarian diet has many nutritional benefits</p> <p><b>EGGS CONTAIN VITAMIN B12!</b></p>	<p>Eggs are a particularly valuable inclusion to vegetarian diets as they provide vitamin B12, which is often low in such diet. Find out more: <a href="https://bit.ly/39rBXV7">https://bit.ly/39rBXV7</a> #WorldHealthDay #HealthForAll</p>
 <p>Eggs are an optimal source of micronutrients, critical for child growth and development</p>	<p>Eggs are one of the most affordable sources of commonly lacking nutrients such as vitamin A, iron and folate. These are critical for child growth and development. Learn more: <a href="https://bit.ly/39rBXV7">https://bit.ly/39rBXV7</a> #WorldHealthDay #HealthForAll</p>
 <p><b>Vitamin D in eggs</b></p> <p>supports immune function</p> <p>improves bone health</p> <p>aids muscle function</p>	<p>Eggs are one of the few natural food sources of vitamin D, which contributes to the maintenance of normal bones and teeth, as well as supporting the normal function of the immune system. Learn more: <a href="https://bit.ly/39rBXV7">https://bit.ly/39rBXV7</a> #WorldHealthDay #HealthForAll</p>

[Click here to download the supporting graphics for Twitter](#)

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