



EGG
NUTRITION
CENTER

IncredibleEgg.org/Nutrition

EGGS & HEART HEALTH:

Eggs support any healthy dietary pattern, offering high-quality protein, vitamins and minerals.



JOIN THE EGG ENTHUSIAST COMMUNITY

Are you a credentialed health, nutrition or fitness professional? Want to receive updates on emerging research, media-ready materials and access to exclusive events? Become an Egg Enthusiast!

[SIGN UP HERE!](#)

GET THE LATEST ON DIETARY CHOLESTEROL AND CVD RISK

Nutrient-rich eggs are recommended as part of healthy dietary patterns by the American Heart Association and the Dietary Guidelines for Americans. See the [Science Advisory](#) from the American Heart Association for details.

[READ MORE HERE!](#)



RECIPES

Check out our delicious heart-healthy recipes!



RESEARCH

Stay up to date on the latest egg nutrition information.



RESOURCES

Find useful tools for discussing healthy eating habits with patients and clients.

Connect with us!



A HEART-HEALTHY FRUIT:

Fresh avocados offer a good source of fiber and are essentially the only fruit with unsaturated fats.



NEWSLETTER FOR HEALTH PROFESSIONALS

Are you a health professional ready to build your avocado knowledge and get turnkey resources for you and your clients? Sign up for our newsletter! **SIGN UP HERE!**

DOWNLOAD OUR FREE FACT SHEET ON AVOCADOS & LDL CHOLESTEROL LEVELS

As part of an overall healthy diet, dietary fiber from fruit helps reduce blood cholesterol. Avocados are a good source of fiber. Learn about a recent study on the effect of avocado on LDL-cholesterol.

DOWNLOAD NOW!



RECIPES

Find heart-healthy avocado recipes for any occasion.



RESEARCH

Stay up to date on the latest avocado nutrition research.



RESOURCES

Download free educational materials for you and your clients.

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