

Eggs

- Best – Pastured eggs from a local farmer – check out the nutrient difference
Compared to chickens raised in factory farms they have:
 - 1/3 less cholesterol
 - 1/4 less saturated fat
 - 2/3 more vitamin A
 - 2 times more omega-3 fatty acids
 - 3 times more vitamin E
 - 7 times more beta-carotene
 - 4-6 times more vitamin D
- Better – Supermarket - choose the organic eggs with the most omega - 3 and DHA and raised antibiotic free