



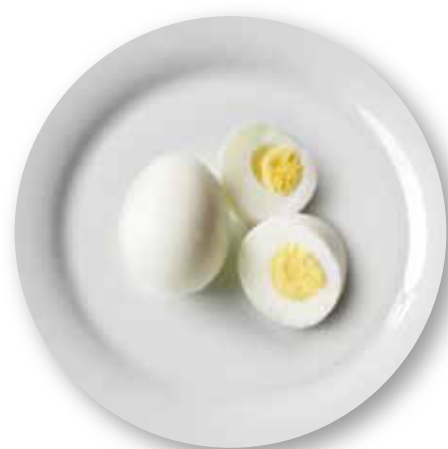
EGGS



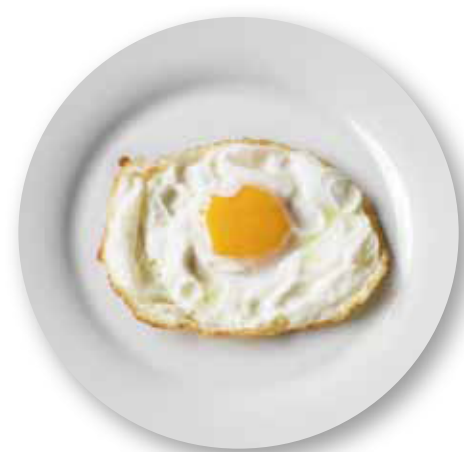
WHERE DO THE EGGS COME FROM?

Eggs are borne by birds, e.g. chickens, quails, ducks, ostriches.

EXAMPLES OF AN EGGS MEALS:



- boiled or hard-boiled egg,



- fried eggs



- scrambled eggs

HOW TO READ THE CODE ON EGG?

- 0 - organic egg production
- 1 - free-range eggs
- 2 - deep litter indoor housing
- 3 - cage farming.

0 - PL- 64010496

WHAT NUTRITIONAL VALUES ARE THEY HIDING IN THE EGG?

They are a source of **wholesome protein**, which is the building material of our body.

They are a source of many **vitamins and mineral** ingredients, thanks to which we can enjoy good health and beautiful appearance.

Or maybe you can make a poached egg?

