Eggs are a complete source of protein. They are packed with vitamins and minerals and contain every essential amino acid needed by humans. An egg’s yolk holds significant sources of vitamins A, D, and E. Eating eggs can improve brain function as they provide nutrients such as choline and Omega-3 fatty acids. One egg provides only 30mg less calcium than a ½ cup cottage cheese. Each egg contains 75g of water, helping keep your body hydrated. As a good source of Potassium, eggs help to lower high blood pressure and potentially lessen the risk of stroke.

How to tell if eggs are fresh:

• Place the egg in a bowl of water. If it sinks to the bottom, it is as fresh as can be!
• If it starts to stand up, it’s still good.
• If it floats to the top, it’s no longer fresh. Throw that egg away!

Benefits of Eggs:

Eggs are a complete source of protein. They are packed with vitamins and minerals and contain every essential amino acid needed by humans. An egg’s yolk holds significant sources of vitamins A, D, and E. Eating eggs can improve brain function as they provide nutrients such as choline and Omega-3 fatty acids. One egg provides only 30mg less calcium than a ½ cup cottage cheese. Each egg contains 75g of water, helping keep your body hydrated. As a good source of Potassium, eggs help to lower high blood pressure and potentially lessen the risk of stroke.

Other Uses for Eggs:

• Homemade facial treatments
• A glue alternative
• Composting for garden plants
• Creating a sky high hair do or restoring luster to a damaged mane
• Managing minor irritations such as cuts, bruises, and bleeding
• Crafts

Despite massive nutritional benefits, each egg delivers over 400g of cholesterol. Heart disease is suspect when egg consumption becomes excessive. The risk of Type 2 Diabetes is also magnified with too much egg intake. However, eggs provide humans with a dietary value almost incomparable to any other food source at a low price. While consuming too many may not be wise, eating the right amount can strengthen both, mind and body.

Sources:
http://www.incredibleegg.org/health-and-nutrition
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http://www.wikihow.com/Tell-if-an-Egg-is-Bad