

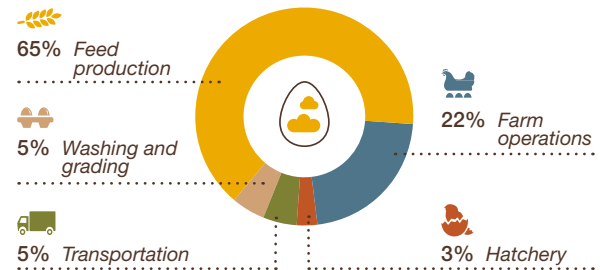
# UNDERSTANDING THE ENVIRONMENTAL AND NUTRITIONAL PROFILE OF ALBERTA EGGS

As part of our sustainability journey, Egg Farmers of Alberta (EFA) undertook a study to better understand the environmental and nutritional contribution of one serving of eggs in an average daily diet.

## UNDERSTANDING OUR FOOTPRINT

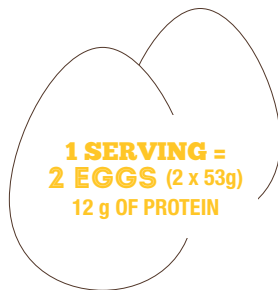
With consumers wanting to know more about their food and how it is produced in a sustainable way, EFA initiated the egg environmental footprint project in 2012. The objectives were to better understand and quantify the environmental impact of egg production in Alberta\* through life cycle assessment (LCA)—a robust and internationally recognized scientific tool. The first of its kind in Canada, the study involved collecting data from egg farmers covering the life cycle stages of an egg, from feed production to grading.

## CRADLE-TO-FARM GATE CARBON FOOTPRINT FOR ONE LARGE EGG



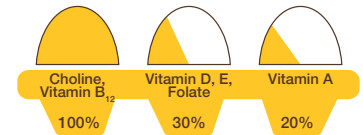
## ALBERTA EGGS AS PART OF YOUR DAILY DIET

### NUTRITIONAL CONTRIBUTION\*

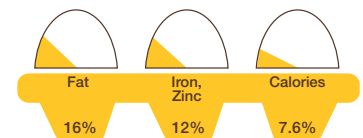


**ONE SERVING OF EGGS PROVIDES A LARGE PERCENTAGE OF MANY IMPORTANT NUTRIENTS**

WHILE CONTRIBUTING TO ONLY A SMALL PERCENTAGE OF THE ENVIRONMENTAL FOOTPRINT OF A DAILY DIET



% OF RECOMMENDED DAILY REQUIREMENT

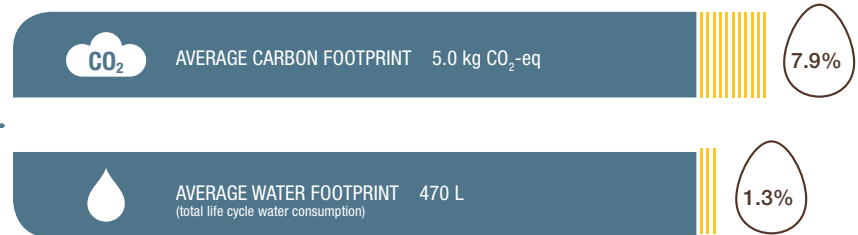


### ENVIRONMENTAL CONTRIBUTION\*



AVERAGE TOTAL DAILY DIET FOOTPRINT

1 SERVING OF EGGS



For more information  
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\* For more information on the Alberta eggs LCA, the methodology behind the environmental footprint of a daily diet and a complete list of nutrients, go to [eggs.ab.ca/environment](http://eggs.ab.ca/environment)