

Why are Columbus eggs naturally healthier? / Deans Foods Ltd.

Contributors

Deans Foods.

Publication/Creation

Tring : Deans Foods, [2002]

Persistent URL

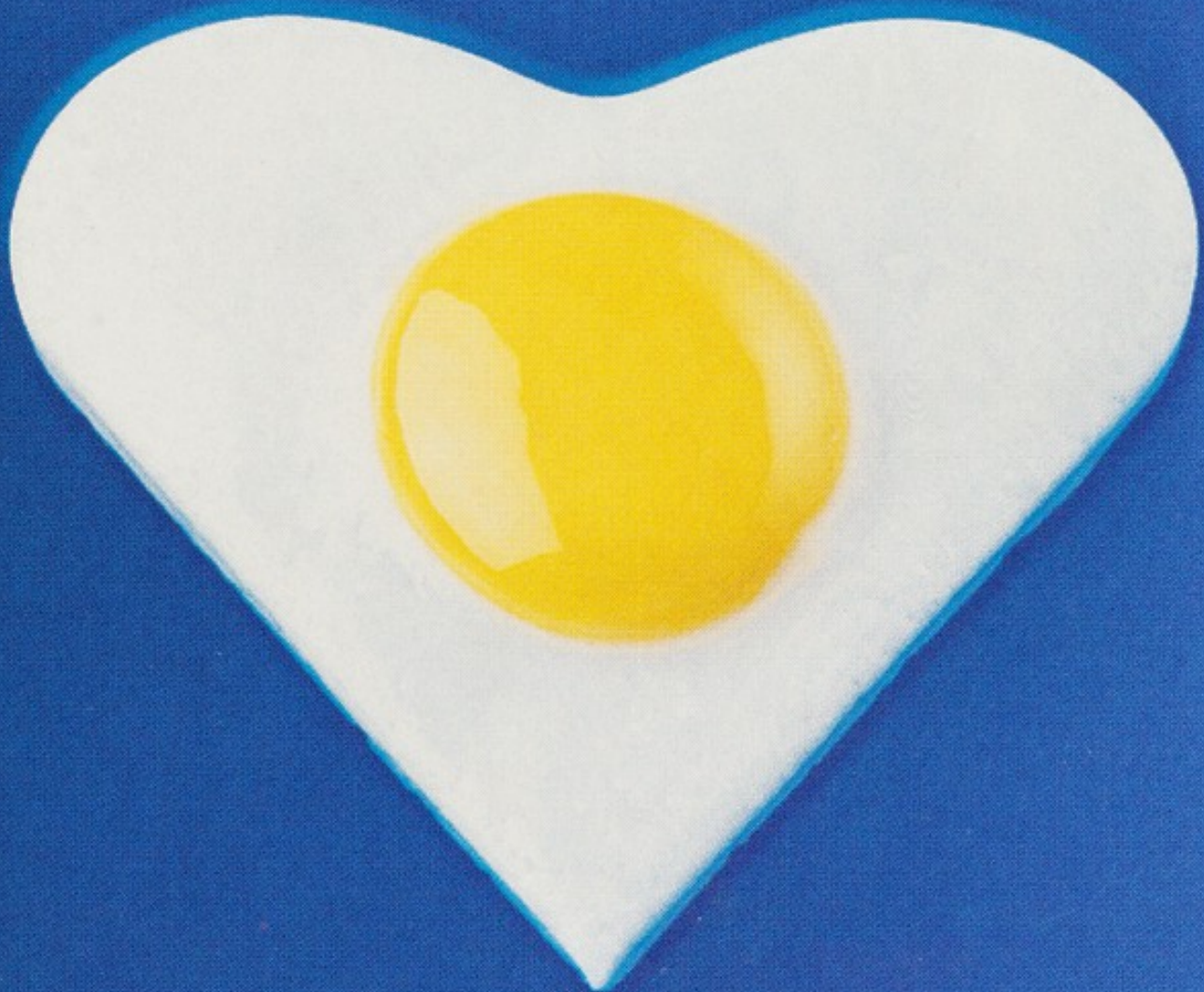
<https://wellcomecollection.org/works/dcg9mzcw>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



Why are
Columbus
eggs naturally
healthier?

Columbus eggs-Naturally good for the heart and a treat for the taste buds!

Why are Columbus Eggs naturally healthier eggs?

Columbus hens are fed a 'back to nature' 100% vegetarian diet nutritionally similar to the diet of hens in the wild. This produces eggs naturally rich in omega-3, which is a vital ingredient in any healthy diet. Columbus Eggs are also packed full of protein, vitamins and minerals.

What is Omega-3?

Omega-3s are a group of healthy fats, which have numerous health benefits principally helping to maintain a healthy heart and circulation system. Omega-3s are also important for pregnant and breastfeeding women - as they are vital for the development of a baby's brain, nervous system and retina. Health experts¹ around the world recommend that we should eat more omega-3s.

What other foods contain Omega-3?

The best known source of omega-3s is oily fish but these are not to everyone's taste, particularly children. Certain

vegetable oils like linseed, rapeseed and soya also contain some omega-3s, however they are not the oils we regularly cook with. So, this is where Columbus Eggs come in

How much Omega-3 is there in a Columbus Egg?

One large Columbus Egg provides 75% of the daily recommended amount of omega-3s*, so they're a tasty, convenient and inexpensive way of increasing omega-3s in the diet of the whole family.

How should I eat Columbus Eggs?

Columbus Eggs can be used exactly as standard eggs - boiled, scrambled, poached, used in baking, or hardboiled in the kids packed lunch ... whatever takes your fancy. And they're GM free - so what are you waiting for... get cracking!

*British Nutrition Foundation (1999). n-3 fatty acids

The Columbus logo is located at the bottom right of the advertisement. It features the word "Columbus" in a stylized, red, serif font with a blue outline, set against a white background within a blue-bordered box. The entire advertisement is set against a background of a blue sky and a field of yellow rapeseed flowers.

For more information on Columbus eggs and the importance of omega-3 plus delicious recipes, send an A5 SAE for our free booklet. Fill in the form below and send it to:

Deans Foods Ltd
Bridgeway House
Upper Icknield Way
Tring Hertfordshire
HP23 4JX

Your Name:

Address:

.....

.....

.....

Post Code:.....

Or visit our website at www.columbuseggs.com

1/02