

Dietary guidelines emphasise protein and recommend eggs as high-quality, nutritious choice for Americans

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The 2025-2030 Dietary Guidelines encourage Americans to prioritise protein at every meal and list eggs first among recommended protein foods. This guidance reinforces eggs' long-standing role as one of the highest quality, healthy proteins available that Americans should count on at every stage of their lives.

The protein quality of eggs is so high that food scientists often use eggs as the standard to assess the protein quality of other foods. And the Guidelines continue to specifically recommend eggs not only for their high-quality protein and healthy fats, but also for the essential nutrients they provide. Choline-rich eggs are specifically highlighted for pregnancy and lactation, and recognised as a key food for healthy ageing, reflecting their value at every age.

National Institutes of Health (NIH) Director Dr Jay Bhattacharya reinforced the dietary value of eggs at a policy celebration event today hosted by the U.S. Department of Health and Human Services (HHS), noting that "eggs are a superfood."

"The new Guidelines reinforce what decades of research have shown: eggs are a perfect protein and a nutritional powerhouse that supports health across the lifespan," said Emily Metz, president and CEO of the American Egg Board. "As protein takes centre stage in these Guidelines, eggs continue to lead the way as a healthy, high-quality, accessible protein option that families can rely on every day. This continued confidence in eggs is meaningful for the farmers who produce them and for the Americans who count on them."

Underscoring this sentiment, U.S. Secretary of Agriculture Brooke Rollins, in a release announcing the guidelines, said, "At long last, we are realigning our food system to support American farmers, ranchers, and companies that grow and produce real food."

"America's egg farmers are proud to produce eggs — a healthy, natural food with high-quality protein and essential nutrients," said Chad Gregory, president and CEO of United Egg Producers. "The Dietary Guidelines for Americans are important, and we appreciate the recognition of the value of eggs in the 2025-2030 Guidelines, which make both whole foods

and protein a priority."