

Puzzle #15: The Incredible Edible Egg™

Did you know that there was such a thing as the American Egg Board? There is. It's the national advocacy group for our favorite ovoidal foodstuff. Or, as they like to refer to it: "the incredible edible egg™". They even have their own website (www.incredibleegg.org). Throughout that site you will find a multitude of reasons why, they say, the egg is essentially a food you cannot live without. For example, in their "Eggcyclopedia", under the P-section, you can find this entry for "Protein":

A combination of amino acids, some of which are called essential because the human body needs them from the diet because it can't synthesize them. Adequate dietary protein intake must include all the essential amino acids your body needs daily. The egg boasts them all: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine. These amino acids are present in a pattern that matches very closely the pattern the human body needs, so the egg is often the measuring stick by which other protein foods are measured. In addition to the nine essential amino acids, there are nine other amino acids in an egg...

Now, I don't know if all of that is really true, but it makes for an interesting read. It also inspired me to make a rather interesting puzzle.

