

# EGGS FOR ALL



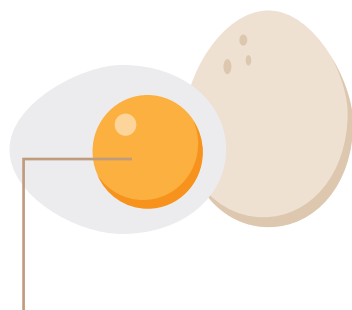
## INFANTS AND YOUNG CHILDREN

During pregnancy and early childhood, the foetus and child require an increased amount of nutrients<sup>1</sup> to fuel high rates of growth during the first two years of life.

Infants have small stomachs which means they need to be fed little and often. The **quality of the food** they consume is very important.

**Eggs** are among the best food sources to improve diet quality in infants as they contain nutrients which help brain development and physical growth<sup>1</sup>.

An average chicken egg will provide **7g high quality protein**, essential for the rapid growth of an infant<sup>1</sup>.



The yolk contains **essential fatty acids** – critical for brain development and eye health<sup>1</sup>.

**STUNTING** is when a child is **short for their age**. Their short stature is often an indication of a lack of **quality nutrients** in infancy (and/or a lack of health and care)<sup>2</sup>.

Stunting has devastating impacts on children and their future potential, burdening them with a **life-long disadvantage**. Stunting prevalence remains high in sub-Saharan Africa<sup>2</sup>.



## PREGNANT AND LACTATING WOMEN

Eggs are great for pregnant and lactating women as:

- they provide a range of nutrients required in pregnancy to help the baby grow and develop in the womb<sup>1</sup>.
- eating them may help enhance the nutritional content of breast milk<sup>1</sup>.
- mothers' dietary patterns usually influence children's diets<sup>1</sup>. **If mum eats eggs, mum's more likely to give eggs to her baby.**

Eating eggs during **pregnancy and breastfeeding** has the potential to improve **birth outcomes, breast-milk composition** and enhance the child's **brain development**<sup>1</sup>.

Increasing egg consumption amongst pregnant women and young children could help provide **quality nutrients** needed for **growth** and could support a reduction in **stunting**<sup>3</sup>.

**Better nutrition. For all.**

1. Lutter, C. K., Iannotti, L. L., & Stewart, C. P. (2018). The potential of a simple egg to improve maternal and child nutrition. *Maternal & Child Nutrition*, 14 (Suppl3), e12678. <https://doi.org/10.1111/mcn.12678>

2. Global Nutrition Report (2018) <https://globalnutritionreport.org/reports/global-nutrition-report-2018/>

3. Chessa K. Lutter and Saul S. Morris, Eggs: A high potential food for improving maternal and child nutrition, *Maternal & Child Nutrition*, 14, S3, (2018). <https://onlinelibrary.wiley.com/toc/17408709/2018/14/S3>