EGGS FOR ALL

INFANTS AND YOUNG CHILDREN

During pregnancy and early childhood, the foetus and child require an increased amount of nutrients 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.

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.

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.

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.
- eating them may help enhance the nutritional content of breast milk.
- mothers’ dietary patterns usually influence children’s diets. If mum eats eggs, mum’s more likely to give eggs to her baby.

An average chicken egg will provide 7g high quality protein, essential for the rapid growth of an infant.

The yolk contains essential fatty acids – critical for brain development and eye health.

Increasing egg consumption amongst pregnant women and young children could help provide quality nutrients needed for growth and could support a reduction in stunting.

Better nutrition. For all.

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