

NUTRITION OF EGGS

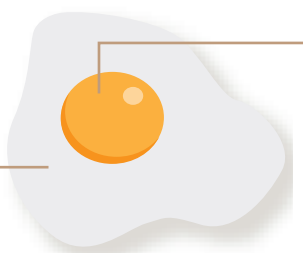
The humble egg¹ could be described as one of nature's most nutritious foods. It is a rich source of protein and essential fatty acids, including a range of vitamins and minerals².

An egg is formed of two main parts, the egg white (albumen) and the egg yolk. The white contains mostly water, proteins and some minerals. The yolk also contains proteins and several other nutrients:

One small-sized egg has **13 vitamins, 11 minerals, all 9 essential amino acids, omega-6 and omega-3** as well as **2 carotenoids**².

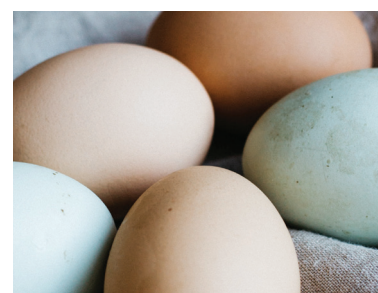
Egg white:

Proteins, selenium, potassium.



Egg yolk:

Energy, proteins, choline, riboflavin, pantothenic acid, vitamin B6, vitamin B12, folate, phosphorous, selenium.



Proteins: eggs are a great protein source. The building blocks of our bodies; protein molecules contribute to muscle growth and maintenance. Both the egg yolk and egg white contain different proteins².

Essential fatty acids are essential nutrients and required through diet as the body cannot make them. Eggs are rich in omega-6 and omega-3 fatty acids which are vital for early brain development².

Minerals: iodine, selenium, phosphorus, iron, sodium, zinc, calcium, copper, magnesium, potassium, manganese².

Vitamins: vitamin B12, choline, biotin (B7), vitamin K, riboflavin (B2), pantothenic acid (B5), vitamin D, vitamin A, folate (B9), vitamin E, thiamin (B1), vitamin B6, niacin (B3)³.

Iodine is required to make thyroid hormones; important for healthy growth and metabolic regulation. Iodine is also very important in brain development during pregnancy and early years³.

Choline is a water-soluble essential nutrient, that the body requires for cell membranes and processing fats².

Zinc is crucial for healthy growth and development, especially during periods of rapid growth, such as infancy and during pregnancy³.

Vitamin B12 helps maintain the health of your blood cells, nervous system, DNA and brain and reduces tiredness and fatigue².

Vitamin D works with calcium and phosphorus for healthy bones, muscles and teeth³.

Vitamin A contributes to eye health and helps strengthen your immune system³.

Better nutrition. For all.

1. This fact sheet refers to chicken eggs

2. Iannotti, L. L., Lutter, C. K., Bunn, D. A., & Stewart, C. P. (2014). Eggs: The uncracked potential for improving maternal and young child nutrition among the world's poor. *Nutrition Reviews*, 72, 355–368. <https://doi.org/10.1111/nure.12107>

3. Robert E. Black, Cesar G. Victora, et al. Maternal and child undernutrition and overweight in low-income and middle-income countries. *Lancet*. 2013 Aug 3; 382(9890): 427–451. <https://www.thelancet.com/action/showPdf?pii=S0140-6736%2813%2960937-X>