The humble egg\(^1\) 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 minerals\(^2\).

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:

**Egg white:**
- Proteins,
- selenium,
- potassium.

**Egg yolk:**
- Energy, proteins, choline, riboflavin, pantothenic acid, vitamin B\(\text{\textsubscript{6}}\), vitamin B\(\text{\textsubscript{12}}\), 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 proteins\(^2\).

**Minerals:** iodine, selenium, phosphorus, iron, sodium, zinc, calcium, copper, magnesium, potassium, manganese\(^2\).

- **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 years\(^3\).

- **Zinc** is crucial for healthy growth and development, especially during periods of rapid growth, such as infancy and during pregnancy\(^3\).

**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 development\(^2\).

**Vitamins:** vitamin B\(\text{\textsubscript{12}}\), choline, biotin (B\(\text{\textsubscript{7}}\)), vitamin K, riboflavin (B\(\text{\textsubscript{2}}\)), pantothenic acid (B\(\text{\textsubscript{5}}\)), vitamin D, vitamin A, folate (B\(\text{\textsubscript{9}}\)), vitamin E, thiamin (B\(\text{\textsubscript{1}}\)), vitamin B\(\text{\textsubscript{6}}\), niacin (B\(\text{\textsubscript{3}}\))\(^3\).

- **Choline** is a water-soluble essential nutrient, that the body requires for cell membranes and processing fats\(^2\).

- **Vitamin B12** helps maintain the health of your blood cells, nervous system, DNA and brain and reduces tiredness and fatigue\(^2\).

- **Vitamin D** works with calcium and phosphorus for healthy bones, muscles and teeth\(^3\).

- **Vitamin A** contributes to eye health and helps strengthen your immune system\(^3\).

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1. This fact sheet refers to chicken eggs.

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