

All about Eggs

Next time before you skip the yolk, think twice as you might be missing out on the beneficial nutrients the eggs can bring. Egg is a nutrient dense food. With only 75 calories, it provides 13 vitamins and minerals, including protein, choline, folate, iron and zinc for maintaining muscle strength, healthy pregnancy, brain function and eye health. Egg is also one of the few that is naturally rich in vitamin D.

As its protein is highly digestible and contains 9 essential amino acids (EAA) that cannot be synthesized in the body, as well as 9 other non-essential amino acids, egg is considered as high biological value protein or complete protein. In fact, it has a biological value of 100, which is the highest among all animal protein. For diet of ovo-vegetarians, it can complement their protein intake. One egg provides 6 grams of protein out of which 3.6 grams in egg white and 2.7 grams in egg yolk, thus about half of the protein is present in the yolk.



Research indicates that high-quality protein may help adults develop muscle strength and prevent age-related loss of muscle mass and strength, known as Sarcopenia. Egg also provides a time-release source of energy which helps maintaining blood glucose levels. It acts as a welcome addition for those managing their weights. Studies have shown that people who have an egg for breakfast lose more weight than people who just have a bagel of equal calories.

Egg yolk is an excellent source of choline which contributes to fetal brain development and helps prevent birth defects. 2 eggs provide 250 mg of choline, half of recommended daily intake (RDI) for pregnant and breast feeding women. It also contains lutein and zeaxanthin which promote eye health by preventing macular degeneration.

One egg contains 212 mg of cholesterol while recommended intake for cholesterol is about 300 mg per day for a healthy adult. Yet, studies have been challenging that eggs have little impact on hypercholesterolemia and calling "Not more than 3 eggs per week" is an out-of-date misconception, as saturated fat is the one to blame for. People should lower their cholesterol level by cutting back the intake in unsaturated fat likes fatty meat, full-cream milk product, cake, biscuit etc. Thus, considering it has more beneficial nutrients and is the most economical source of high quality protein, give a jump start by cracking an egg for your breakfast!

Charmain Tan
Registered Dietitian (USA)

E-mail: ctan@my17.com

The above is for informational purposes only, and is not intended to diagnose or provide treatment for any conditions. You should consult a healthcare professional if you have any health concerns. The above is provided by the registered dietitian, VOLE' and China Resources Vanguard (Hong Kong) Co. Ltd. shall not be liable for any errors or delays in the content, or for any actions taken in reliance thereon.