

CARIBBEAN POULTRY ASSOCIATION

Content, Mc Cooks Pen, St. Catherine, Jamaica, Tel: 876 943 4376, Fax: 876 943 4322

TABLE EGG NUTRITION FACTS & TIPS

1. Eggs are one of the most balanced foods

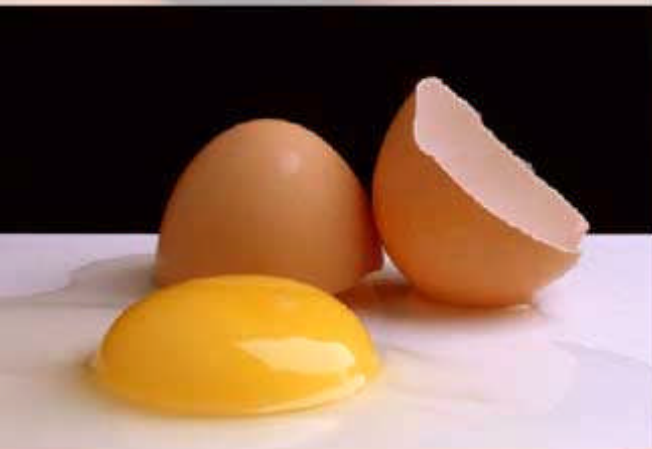
- Nutrient dense** - One large egg contains only 70 calories. A large egg also contains 6 grams of protein, 5 grams of fat (of which only 1.5 grams is saturated fat), 0 trans fat and 0 grams of carbohydrate.
- High quality protein** - Eggs contains all 9 essential amino acids making them an excellent source of high quality protein.
- Full of vitamins** - Eggs contain all except vitamins C, and one of the rare food sources of vitamins A, D and K. Vitamin D is necessary for proper calcium absorption in the body which aids in slowing the rate of bone loss
- High in minerals** - except cobalt

NUTRIENT DENSE EGGS

Two Large Eggs = 155 calories

6% food energy	12% vitamin D
20% protein	16% phosphorous
53% essential aa	8% vitamin B ₆
30% riboflavin	34% selenium
12% vitamin A	8% iron
16% vitamin B ₁₂	8% zinc
12% folate	6% vitamin E

Source: US Egg Nutrition Council



2. Eggs are help fight diseases

- Good for heart and stroke** - Eggs are a part of the Canadian Heart and Stroke Foundation's Health Check™ program which identifies foods that are a healthy choice. All shell eggs meet the nutrient criteria for this program.
- Good for diabetic diets** - Eggs are high in mineral and vitamin density in relation to calorific count
- Good for low sodium diets** - Eggs are low in sodium
- Age related blindness and cataract** - Eggs contains Lutein which helps reduce the risk of macular degeneration in senior citizens. Lutein is better absorbed from egg yolks than from green leafy vegetables.
- Good for weaning babies and senior citizens** - who need soft diets
- Good for growing children** - In addition to being nutrient dense, eggs provide Choline which is an important brain food
- Good for pregnant women** - Health Canada has recently recognized choline, which is important for pregnant women, as an essential nutrient. choline plays an important role in a baby's brain development. Two eggs contain adult's daily requirement for choline.

3. Eggs and Caridio Vascular Diseases

- Saturated Fat** - Studies have shown that saturated fat and not dietary cholesterol from eggs is the cause of high bold cholesterol. While one large egg contains 190 mg cholesterol, eggs do not contain trans fats and contain 2/3 less cholesterol than ten years ago. The reduction in cholesterol is attributed to improvements in feed, changes in breeding practices as well as changes in cholesterol testing methods.
- To reduce fat levels** - poach, microwave or cook with non stick pans.
- The American Heart Association** - has revised its recommendation that can consume 1 egg a day but if you are on a low cholesterol diet using two egg whites a day instead of the whole egg will provide good nutrition.

4. Eggs are one of the Cheapest Protein Sources

AFFORDABILITY

Cost of 20 grams of protein _____:

eggs	\$0.25
pork shoulder	\$0.40
ground beef	\$0.42
chicken breast	\$0.50
frankfurter	\$0.94
park chop	\$1.09
rib roast	\$1.43



For more information on egg nutrition, visit the following websites

