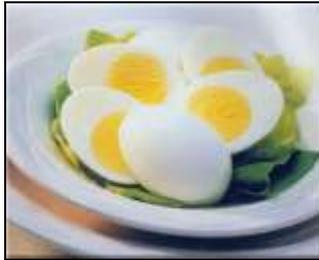


The good things about an egg



There are several reasons why you would want to eat an egg more often in a week than not.

Eggs are a source of

- high-quality protein,
- essential vitamins and minerals as well as
- anti-oxidants that help to keep us healthy.
- Eggs contribute significantly to the feeling of fullness after a meal, and therefore they will contribute to weight management.
- Eggs have a positive effect on eye health and supporting healthy pregnancy.

Eating one egg per day would have less than 1% contribution to the risk of coronary heart disease. Lifestyle factors, such as poor diet, smoking, obesity and physical inactivity contribute to 30-40% of heart disease risk, depending on gender. Saturated fats and trans-fats may be more likely to contribute to raise serum cholesterol than dietary cholesterol.

It is important to pair eggs with other good-for-you foods, such as:

- fruits, vegetables and salad,
- low-fat dairy products like low fat milk yoghurt or cheese and
- whole grains e.g. oats, mealies/corn, brown rice, bran flakes, etc.

as part of a balanced diet. Enjoying an egg a day can fall within current cholesterol guidelines, particularly if individuals opt for other low-cholesterol and low fat foods throughout the day.

Choline

One of the “golden” nutrients found in eggs is choline. It is a vital nutrient with lots of positive outcomes.

Research found that eating an egg a day during the third trimester of pregnancy may reduce the risk of the baby developing metabolic and stress related diseases such as high blood pressure and diabetes later in life.

Choline also plays an important role in foetal and infant brain development. Choline has a positive effect on memory and learning ability. Research also indicate that woman with a low choline intake during pregnancy have a four times greater risk of having babies with neural tube defects such as spina bifida.

The additional benefits of choline are:

- Reduced risk of breast cancer
- Reduced risk of chronic diseases such as bone loss, dementia and Alzheimer’s
- Promotes adult brain function by preserving the structure of brain cell membranes and is an essential component of acetylcholine, the neurotransmitter involved in memory function and muscle control.