

what the experts say

“Eggs are a good choice as part of a healthy, balanced diet. As well as being a source of protein, they also contain vitamins and minerals.

There is no recommended limit on how many eggs people should eat. But to get the nutrients you need, make sure you eat as varied a diet as possible.”

NHS Choices

“For most people there is currently no limit on the number of eggs that you can eat in a week.

For most people, the amount of saturated fat they eat has much more impact on their cholesterol than eating foods that contain cholesterol, like eggs and shellfish.”

British Heart Foundation

Quotes taken from organisations' websites, January 2013

the good egg

Eggs are naturally rich in a number of vitamins and minerals.

Nutrition information typical values	Per 100g whole raw egg, excluding shell	Per medium size egg
Energy	547kJ 131kcal	277kJ 66kcal
Protein	12.6g	6.4g
Carbohydrate of which sugars	0g	0g
Fat of which saturates	9.0g 2.5g	4.6g 1.3g
Monounsaturates	3.4g	1.7g
Polyunsaturates	1.4g	0.7g
Salt	0.4g	0.2g
Vitamin A	126mcg	64mcg
Vitamin B2 (riboflavin)	0.5mg	0.25mg
Vitamin B12	2.7mcg	1.4mcg
Vitamin D	3.2mcg	1.6mcg
Selenium	23mcg	12mcg
Iodine	50mcg	25mcg

look for the Lion

Look for the British Lion Quality mark on the egg shell as well as on the egg pack as a guarantee that the eggs have been produced to the highest standards of food safety.



All Lion Quality eggs come from British hens vaccinated against salmonella and have a 'best before' date stamped on the shell as well as on the box as a guarantee of freshness.

British Egg Information Service
020 7052 8899 www.egginfo.co.uk

the good egg

unscrambling the facts



Dr Hilary Jones
“Enjoy eggs
without counting!”



www.egginfo.co.uk





foreword by Dr Hilary Jones

Eggs are one of the UK's most popular foods - but some people are still confused about how they fit into a healthy diet.

The good news is that eggs are a natural source of a wide range of vitamins and minerals, as well as being high in protein but not high in fat. And all for less than 70 calories per medium egg!

What's more, a new analysis by the Department of Health has shown that UK eggs now contain 70% more vitamin D than when they were last measured. This is particularly significant - vitamin D is needed for healthy bones and teeth as well as for muscle function, and we know that in the UK around one in five of us have inadequate levels. Sunlight is the best source of vitamin D but it can be difficult to get enough, so a meal containing just two medium eggs can give you two-thirds of the amount of vitamin D you need each day.

We used to think that people should limit their intake of eggs, because of the cholesterol they contain, but advice has changed in recent years and health experts worldwide have lifted their previous limits on egg consumption.

As an egg-lover myself, I am delighted to help 'unscramble' the facts and encourage more people to enjoy eggs every day, without needing to count them!

unscrambling the facts about eggs

Q&As

Q. Why should I eat eggs?

- A. Eggs are one of the most nutritious foods money can buy - they are a natural source of many nutrients including high quality protein, vitamins and minerals.

Eggs are naturally rich in vitamin B₂ (riboflavin) and vitamin B₁₂, which contribute to normal functioning of the nervous system and energy metabolism; vitamin D, which contributes to the maintenance of healthy bones and teeth; selenium, which contributes to the protection of cells from oxidative stress; and iodine, which contributes to normal thyroid function.

They also contain vitamin A and a number of other B vitamins including folate and choline.

Two medium eggs can provide two-thirds of the Recommended Daily Amount (RDA) for vitamin D, and more than one-third of the RDA for selenium. Eggs are also a source of the omega 3 fatty acid DHA.

Q. Can I eat eggs if I'm trying to lose weight?

- A. Yes! There are less than 70 calories in a medium egg so they can easily be accommodated in low-calorie diets. Eggs are high in protein, and can help create healthy filling meals combined with vegetables and other low calorie foods.

Q. Are there limits on egg consumption?

- A. Most people do not need to limit the number of eggs they eat - previous restrictions have been lifted by all major UK heart and health advisory groups.

In the past it was thought that people should limit the number of eggs they eat because they contain dietary cholesterol, which was thought to raise blood cholesterol (a risk factor for heart disease).

More recent research has shown that it is saturated fat, not dietary cholesterol, that is most influential in raising blood cholesterol. Eggs are not high in saturated fat so can be eaten freely by most people within a healthy balanced diet.

Q. Can I give my baby eggs?

- A. Eggs are an ideal weaning food for babies as they are rich in so many nutrients. The Department of Health says that eggs are a quick and nutritious source of protein for babies once they reach six months, but suggests they are cooked until both the white and yolk are solid. This advice was first given immediately after the 'salmonella' scare with eggs in the 1980s. Today you can minimise any risk by choosing eggs with the British Lion mark - this means that the eggs have been laid by hens vaccinated against salmonella.

You should always keep eggs in the fridge to avoid temperature fluctuations, observe the 'best-before' date (for British Lion eggs this is stamped on the shell as well as on the egg box) and wash hands before and after handling egg shells.

Q. What about allergy?

- A. Egg allergy affects around 0.5-2.5% of infants, although most children 'outgrow' the allergy before school age. To minimise the risk of allergy, the ideal time for introducing eggs is 6-7 months of age once babies are happily taking solids. Waiting longer to introduce eggs appears to offer no benefit and may even increase the risk of egg allergy. The potential allergens are the proteins in the egg white but these are partially destroyed by cooking, meaning that some people may be allergic to raw eggs, but not to cooked eggs or eggs used in baking. Eggs can be introduced to babies as scrambled eggs or egg bread, which should be well cooked to break down the proteins and make them more digestible. As with any new foods, eggs should be introduced separately and in small quantities to ensure that the food is well tolerated.

