



Eggs

as we know it

A healthy, balanced diet and good nutrition are keys to a good life. Eggs are great source of many nutrients- protein, fat, essential vitamins and minerals. Eggs also contain omega-3 fats (the healthy fats), which are good for the heart health. Not only that, eggs also have the highest nutritional quality protein of all food sources!



Eggs contain antioxidants (vit E, selenium and lutein) therefore play an important role in maintaining good health!

Why eggs?

1 egg contains:

- ✓ Protein
- ✓ Omega-3
- ✓ Vitamin A
- ✓ Vitamin D
- ✓ Vitamin E
- ✓ Vitamin B1, B2, B5, B6, and B12
- ✓ Folate
- ✓ Iron
- ✓ Selenium
- ✓ Iodine
- ✓ Phosphorus

Take a look at the nutrition profile of a 50g chicken egg!

Nutrient	50g egg
Energy	294kJ
Protein	6.4g
Fat	4.9g
Saturated fat	1.4g
Carbohydrate	0.2g
Omega-3	38mg
Cholesterol	239mg

Eggs are good protein alternatives to meat!





Eggs, cholesterol and beyond..

Eggs are nutritious food but their role as a part of healthy, balanced diet have been overshadowed by long-held myths of its cholesterol and fat content.

As can be seen from the nutrient profile table, eggs do contain cholesterol. However, it is within the recommendation (less than 300mg cholesterol daily). So there is no benefit of leaving eggs out from your diet.

Therefore, **an egg a day** is totally fine, especially when it's a part of an overall healthy diet, which includes plenty of fruits and vegetables, wholegrain bread and cereals, and moderate amounts of low-fat dairy and lean meats.

The most recent studies have shown that eggs have little effect on total cholesterol and LDL-cholesterol level!

Eggs are easy to prepare and store, making them a great convenience food for everyone including vegetarians. In addition, kids really like their taste and soft texture, too!

Ways to have your eggs:

- ✓ Boiled
- ✓ Poached
- ✓ Scrambled
- ✓ Omelettes
- ✓ In a salad/frittata/stir-fry



Do you know?

Eggs are best kept when stored in their cartons, in the fridge 😊

Try this delicious recipe..

Vegetarian Baked Eggs

Ingredients (*serves 4*)

4 eggs

2tbsp extra virgin olive oil

2/3 cup chicken stock

1/2 cup couscous

1tbsp chopped chives

1tbsp chopped basil

4 large tomatoes



Method:

- Preheat the oven to 180C. Place the chicken stock into a small saucepan, cover and bring to the boil. Add the couscous, stir once. Turn off the heat and stand, tightly covered, for 5 minutes. Drizzle with the oil and fluff up the grains with a fork. Stir in the herbs and season with black pepper.
- Cut the tops from the tomatoes and scoop out the seeds and core. Pat the insides dry with paper towels.
- Divide half the couscous evenly between the tomatoes and place onto a baking tray.
- Carefully break an egg into each one, and bake for 20minutes, until set. Serve immediately, with the remaining couscous on the side.

Egg-y tips!

- Buy eggs that are clean and not cracked! An eggs' shell is a protective barrier against bacteria.
- When preparing eggs, they should be at room temperature for no more than 2 hours.
- Always wash your hands, utensils and kitchen bench after preparation to prevent cross-contamination.

References

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