



## NUTRITION

# EGGS 101

**The average person eats 173 of them a year, which works out to just about 1 every two days. But few foods have come under as much scrutiny as eggs, even though they have been around as long as humans. Why is this, and should they be shrouded in such controversy?**

### Cholesterol

For many years, the cholesterol in eggs was thought to increase heart disease risk, but many studies have since proven that it has minimal effects on cholesterol levels within the body. Eating one egg per day is fine for healthy individuals, while those with chronic diseases should consult a healthcare professional for individual advice.

### Weight management

Eggs have an extremely high protein content, with around 6g per egg (half of this protein is found in the yolk). They also contain all nine essential amino acids.

Numerous studies show that protein-rich breakfasts, including those that have egg in them, improve glucose and insulin responses after eating.

There's also greater satiety and lower energy intake at the next meal, suggesting a positive role in weight management.

An added bonus is that an average egg has just 71 calories, no carbohydrates and only 5g of fat, making them a great addition to the diet of anyone that is watching their weight. One large egg provides about 600mg of leucine, an essential branched chain amino acid (BCAA) that plays an important role in increasing lean muscle mass.



### Vitamins, minerals, and extra goodness

Eggs are excellent sources of the minerals choline and selenium and a good source of vitamin D, B12 and riboflavin. They also contain lutein and zeaxanthin, which play a pivotal role in eye health and may help to protect against the disease called macular degeneration.