

# A nutritious food FOR ALL AGES



Eggs are highly nutritious and play an important part in a healthy, balanced diet for New Zealanders. They contain a significant number of important nutrients, packed into a convenient, well-liked whole food. Eggs include:

## Protein

**High-quality, complete protein**, including all nine essential amino acids. The 6.7g protein per egg is well digested and increases satiety due to its unique amino acid profile including a total of 18 amino acids. At an average cost of 46c each, an egg is a very affordable protein food.

## Vitamins

Nearly all recognised vitamins, with every vitamin except C. Eggs contain **vitamins A, D and E**, and **all B vitamins**, particularly thiamine, riboflavin, niacin, folate and vitamin B12 which together contribute to the healthy functioning of every cell in the body.

## Minerals

**Essential minerals** including iodine and selenium. Two eggs provide 31% of the RDI for **iodine** for adult males & females, a necessary mineral for thyroid function, and 34-40% of the RDI for selenium, an antioxidant that protects cells against oxidative stress. As well, eggs contain a number of minerals that are essential for good health, such as **iron, zinc, phosphorus** and **calcium**.

## Choline

**Choline** is an essential nutrient vital for nerves and muscles to function correctly and required daily for good health. Two eggs provide 352.6mg choline, providing 64% of the Adequate Intake for adult males and 83% of the Adequate Intake for adult females.

## EGGS FOR POSITIVE AGEING



### Heart Health

The myth of limiting egg intake prevails among older adults; the latest market research shows only 32% of New Zealanders aged 60+ believe healthy people can eat eggs every day<sup>1</sup>, likely due to historical advice to restrict egg intake because of the cholesterol content. In fact, studies conducted in healthy people show no effect of daily egg intake on blood cholesterol levels<sup>5-7</sup> and the latest scientific evidence shows no association between increased intake of dietary cholesterol and heart disease or stroke<sup>8</sup>.

For those at increased risk of heart disease, the NZ Heart Foundation advises a prudent recommendation is a limit of six to seven eggs per week<sup>9</sup>. For healthy older adults, eggs are included in the NZ Ministry of Health recommends which recommend at least 2 servings of legumes, nuts or seeds a day, or at least one serving of fish/seafood, eggs, poultry or meat a day<sup>1</sup>.



### Antioxidants

The antioxidants lutein and zeaxanthin found in eggs have been shown to help counter age-related vision loss from macular degeneration<sup>3</sup>, a condition in which the retina of the eye deteriorates.



### Protein

- Older adults have an increased need for protein per day<sup>1</sup> and recent research suggests this is best distributed across the day<sup>2</sup>.
- Versatile and convenient, eggs are useful in encouraging older people to include protein across the day, as a protein option for breakfast, lunch, snacks, dinner or dessert.
- An egg provides 6.7g protein on average and contains all essential amino acids. Two size 6 eggs provides 17% of an older male's RDI for protein, and 24% of the RDI for a female.
- Eggs are a highly affordable source of protein, costing 46c per egg on average.



### Vitamins and Minerals

- Older adults have an increased need for vitamin D, riboflavin and vitamin B12<sup>1</sup> – all of which are found in eggs.
- Two eggs provide 11% of the RDI for vitamin D, 66% of the RDI of vitamin B12 for older adults, 30% of the RDI for riboflavin for older men and 37% for older women.



## RECIPE

# 40 Second omelette

**2 x grade 7 eggs**

**2 tbsp of water**

**Salt and pepper**

**Tbsp butter or margarine**

**½ cup filling of your choice.** The choice of fillings you can use is endless! Cheese, spinach, ham, tomato, mussels, cooked rice, left over pasta, tuna, sweetcorn and so on.

## Instructions

1. Beat eggs and water together until blended, adding salt and pepper to taste.
2. In a 26cm non stick pan, heat butter or margarine until it sizzles – but not burnt. Pour in egg mixture.
3. With an inverted spatula, pull the cooked portions of egg from the perimeter of the pan to the centre so any uncooked egg can run into the cleared hot pan surface. Do this until the egg is set and will not flow. Don't cook it until it's dry! The moist egg will finish cooking when the omelette is folded over.
4. Sprinkle all of the filling on the left side of the egg (left handed people fill the right side). Slide the spatula all the way under the unfilled side of the omelette up to the centre of it. Fold the unfilled side entirely over the filled side. Set aside spatula.
5. Holding the pan in your right hand and a plate in your left hand, invert the pan so the omelette falls upside down onto the plate (left handed people use opposite hands). Garnish to serve.

iLOVEeggs

**SUPER**  
naturally  
**GOOD**

For more recipes or information visit [eggs.org.nz](http://eggs.org.nz)

This brochure and the [eggs.org.nz](http://eggs.org.nz) website is provided by the marketing committee for the egg farmers of New Zealand. Nutritional information has been approved by the New Zealand Nutrition Foundation, an independent non-profit organisation that seeks to ensure all New Zealanders have access to accurate information to enable them to make informed decisions about food and the effect on their health.

# NUTRIENT COMPOSITION of Hen's Eggs

NUTRIENT	PER 2 EGGS (SIZE 6)	% Recommended Daily Intake (RDI) or Adequate Intake (AI) for adults	
		MALE	FEMALE
Energy (kJ)	548	4% RDI	5% RDI
Protein (g)	13.4	20% RDI	29% RDI
Fat (g)	8.4	N/A	N/A
Saturated fat (g)	2.2	N/A	N/A
Monounsaturated fat (g)	3.8	N/A	N/A
Polyunsaturated fat (g)	0.8	N/A	N/A
Alpha-Linolenic Acid (g)	Trace	0% RDI	0% RDI
Linoleic Acid (g)	0.6	5% AI	7.5% AI
Carbohydrate (g)	0.6	N/A	N/A
Sugars (g)	0.6	N/A	N/A
Dietary Fibre (g)	0.0	0% RDI	0% RDI
Cholesterol (mg)	406	N/A	N/A
Sodium (mg)	144	21% AI	21% AI
Iron (mg)	1.8	22% RDI	10% RDI
Selenium (ug)	24	34% RDI	40% RDI
Zinc (mg)	1.0	7% RDI	12.5% RDI
Iodine (ug)	46	31% RDI	31% RDI
Potassium (mg)	144	4% AI	5% AI
Calcium (mg)	52	5% RDI	5% RDI
Phosphorus (mg)	194	19% RDI	19% RDI
Vitamin A (ug) (Retinol)	228	25% RDI	33% RDI
Thiamin (mg)	0.08	7% RDI	7% RDI
Niacin (mg)	3.6	23% RDI	26% RDI
Riboflavin (mg)	0.48	37% RDI	44% RDI
Vitamin B6 (mg)	0.04	3% RDI	3% RDI
Vitamin B12 (ug)	1.6	66% RDI	66% RDI
Folate (ug)	128	32% RDI	32% RDI
Vitamin C (mg)	0	0% RDI	0% RDI
Vitamin D (ug)	1.6	32% AI	32% AI
Vitamin E (mg)	1.7	17% AI	24% AI
Choline (mg)	352.6	64% AI	83% AI

## Nutrition

NUTRIENT	PER SERVE
Energy	1270.1kJ
Protein	22.7 g
Fat, Total	15.6g
- Saturated	4.7g
Carbohydrate	15.5g
- Sugars	6.1g
Sodium	335mg

REFERENCES 1. Food composition ref: The Concise New Zealand Food Composition Tables, 12th Edition 2017. 2. Food composition. 3. Databases. 4. New Zealand. I. Sivakumaran, Subathira. II. Huffman, Lee. III. Sivakumaran, Sivalingam IV. The New Zealand Institute for Plant & Food Research Limited. V. Ministry of Health.%RDI. 2. RDI ref: National Health and Medical Research Council, Australian Government Department of Health and Ageing, New Zealand Ministry of Health. Nutrient Reference Values for Australia and New Zealand. Canberra: National Health and Medical Research Council; 2006.